

# The Morning Calm Weekly

Volume 3, Issue 22

PUBLISHED FOR THOSE SERVING IN THE REPUBLIC OF KOREA

March 25, 2005

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The Morning Calm Weekly is



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## Army installations to receive higher priority for funding

### Army Public Affairs

The Army has begun implementing a new policy that will increase annual funding for installations.

Army leaders have set a goal of funding installations at an annual rate of 90 percent of validated requirements for base operations services and for sustainment,

restoration and modernization. The Army will continue to program to the goal of 95 percent for SRM set by the Office of the Secretary of Defense.

The new policy will increase funding for installations. The Army Budget Office will distribute the funding in phases through the Assistant Chief of Staff for Installation

Management and the Installation Management Agency. Funds will come from other parts of the Army's budget as the Army identifies programs lagging in execution during its annual budget review. IMA will program the funds to provide infrastructure upgrades and services that have been most lacking during recent months.

The new 90-90 funding renews the Army's commitment to improving the quality of life for our Soldiers and their families. Funding installations to 90 percent of requirements provides a more predictable level of funding that gives garrison commanders more control in managing their communities.

Secretary of the Army Francis J. Harvey has placed well being and quality

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### Tuition Assistance available for Term IV

Officials of Installation Management Agency Korea Region Office have announced that funding for Tuition Assistance has been received in time for Soldiers to register for Term IV, April 4 – May 21.

"Word has been received that funding for Tuition Assistance for Term IV is available," said Joe Cothron, IMA KORO education advisor.

Registration is still in progress and Soldiers that have not registered should immediately go to their servicing education center. Soldiers that have already registered for Term IV will not be required to reregister. Registration for Distance Education course is also now available.

For guidance and instruction, contact your local education center.

## Osan passenger terminal moves

By Capt. Stacie N. Shafran

51st Fighter Wing Public Affairs

**OSAN AIR BASE** -- The Air Mobility Command Air Passenger Terminal on Osan Air Base has relocated three quarters of a mile from its former location adjacent to the flight line to its current location in Building 920, commonly known as the "old BX."

All passenger operations will now be processed through the new terminal in Bldg. 920.

Inbound passengers will be transported from the flight line via bus to the new terminal, where they will process through immigrations, collect their luggage and process through customs. Passengers can be picked up, once they exit the facility through the front doors, which face Turumi Lodge.

Outbound passengers will arrive at the new terminal where they will check-in with their bags, process through immigrations and then be transported via bus to the aircraft for departure. Check-in times will remain the same for now.

For information, call 784-1854/6883.

## Korea Team takes top honors at Army culinary competition

By Travis Edwards

Fort Lee Strategic Outreach

**FORT LEE, Va.** -- After two weeks of bitter lemon-meringue pie and sweet culinary creations the pastries have finally been tallied and the hot food masterpieces counted in the 30<sup>th</sup> Annual U.S. Army Culinary Arts Competition that was held at Fort Lee, Va. from March 5 -18.

It was the Soldier-chefs from Team Korea who capped the intense competition to earn the coveted title of Installation of the Year for culinary arts team competition.

Team Korea and winners in other categories were recognized at joint awards ceremony held here March 18, in the U.S. Army Quartermaster Center and School "the home of U.S. Army Logistics."

"As we celebrate the winners of this years competition, we remember that America's most valuable weapon system is the American Soldier, and no one supports them better than our food service professionals you see standing here today," said Brig. Gen. Scott West, U.S. Army Quartermaster Center and School commanding general, the ceremony's keynote speaker. "More than half of this year's competitors are combat veterans."

Teams must enter 14 separate categories including live cooking, team cold buffet and culinary knowledge bowl competition. Nine categories are selected from the cold food buffet, but over 60 percent of the overall team score is evaluated on taste and proper cooking of the food.

"I really enjoy the camaraderie of competition," said Korea team manager Chief Warrant Officer 3 Travis Smith who also won the Distinguished Military Chef of the Year title. "To compete and win as a team for Installation of the Year in the 30th Annual U.S. Army Culinary Arts competition is huge. The competition is something all cooks look forward to each and every year."

Team Korea also won a Special Judges Award for Artistic Achievement Table Exhibit and finished first in the Baron H. Galand Culinary Knowledge Bowl.

Fort Bragg placed second, followed by Team USAREUR, the U.S. Army Europe, which finished third in the Installation of the Year competition.

"These culinary professionals are warriors first and artists second," said Chief Warrant Officer 3 David Longstaff, chief of the craft skills training branch at Fort Lee, noting that many of the competitors have served

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Sgt. Jimmy Norris

Chief Warrant Officer Travis Smith, 19th Theater Support Command food advisor, shown here working on an ice sculpture, was named Distinguished Military Chef of the Year at the 30th Annual U.S. Army Culinary Arts Competition.



## MP Blotter

*The following entries were excerpted from the past several weeks military police blotters. These entries may be incomplete and do not determine the guilt or innocence of any person.*

■ At 9:17 a.m. March 18, U.S. Army Criminal Investigation Division notified the Military Police Station of black marketing of Army and Air Force Exchange Service merchandise. Investigation by USACIDC revealed that March 14, Subject One was arrested by Korea Customs Service agents for committing the above offenses at an unknown off-post location. Subject One's vehicle was searched and approximately 20,000 won (\$19,920.32) worth of AAFES merchandise was collected as evidence. Investigation continues by USACIDC and KCS.

■ At 11 a.m. March 17, MPs were notified of a larceny of government property. Investigation disclosed that unknown person(s), by unknown means, removed two bike racks from the 4<sup>th</sup> Chemical Company area, that were unsecured and unattended. Estimated value of the stolen items is \$835.12. Investigation continues by MPI.

■ At 12:45 a.m. March 16, MPs were notified of a disorderly conduct (drunkenness) and failure to obey order or regulation (curfew violation). Preliminary investigation disclosed that Subject One was observed acting disorderly adjacent to The Spice Club, Tokkori. Subject Two and Subject Three attempted to escort Subject One back on post, at which time Subject One became belligerent. Subject One was then detained by Subjects Two and Three, until arrival of the Camp Casey Military Police. Subject One was then apprehended and transported to the Camp Casey Provost Marshall's Office where field sobriety tests were not conducted due to combativeness. Subject One was transported to the troop medical clinic, where he was administered a command-directed LBAAT (results pending). Subject One was transported back to the Camp Casey MP Station, where he was further processed and released to his unit. Investigation continues by MPI.

## TMCW Submissions

Send Letters to the Editor, story submissions and other items to [MorningCalmWeekly@korea.army.mil](mailto:MorningCalmWeekly@korea.army.mil).

For information on submitting to the Morning Calm Weekly, call 738-3355. All submissions are subject to edit.

# How I learned to hate e-mail

By Sgt. Jacob Boyer

Fort Eustis Public Affairs

I went home for lunch one day last week and passed the time as usual. I made myself a sandwich, joked around with my roommate, watched a little television and even read a magazine article or two.

On my way out the door, a little bell in my head went off, reminding me to check my e-mail before I headed back to work, where checking personal e-mail accounts is frowned upon and, actually, impossible. I just wanted to see if anyone had written anything important before jumping into another fun afternoon editing this newspaper.

So I sat at my desk and brought my messages up on the lcd display. There was a message from my girlfriend. "Oh," I thought to myself, "Let's see what's she's got to say." It wasn't good. Not at all. She wanted to break up.

Breaking up isn't as bad as you, dear reader, probably think I'm going to make it out to be. As a matter of fact, it isn't even the point of this week's rant. Okay, so I got dumped. It's happened before, and chances are it will happen again. It wasn't so much the being dropped like a bad habit that got my ire up. It was being unceremoniously informed of it through an e-mail.

You know, the modern day is filled with its share of technological wonders. It seems like just a few years ago I was in awe of anyone who walked around with a cell phone. Now I feel like mine may as well be surgically attached to my hip. It seems like just yesterday I was amassing a great collection of VHS tapes and CDs. Now I've got shelves full of DVDs and all my music is in my iPod. Heck, I got through five years of college without ever owning a computer. Now I do most of my work at home ... on my laptop. The ever-growing list of gadgets and innovations that have connected us can almost seem overwhelming some times.

When I left high school nine years ago, most of my friends and I knew what e-mail was, but I can tell you most of us didn't have an account. Then everybody started getting addresses while I was in college. We

situations. But the adults of the world are supposed to have gone beyond that by the time we reach our mid-20s.

The Internet in general, and e-mail in particular, are becoming one more crutch for us to rely on when we don't want to do the hard thing. Another example:

When I was in Iraq two years ago, my boss, a master sergeant, was having some issues with the Soldiers running the newspaper back at

***"In e-mails and on Internet message boards and blogs ... people tend to be a little more free with their words. It's like sitting behind a computer screen makes folks capable of saying and doing things they never would in person or over the phone."***

Fort Stewart. A few e-mails went back and forth, and suddenly, the buck sergeant back in the States grew awful brave and told her he was running things with her Soldiers the way he wanted to.

In all honesty, do you think that E-5 (a good NCO, by most accounts), would have ever lost his mind like that if he were talking to his NCOIC face-to-face? I would hope not, at least if liked the money he was making.

As we grow more and more connected to our technological wonders, we seem to be forgetting a little about the value of face-to-face communication. We also seem to be forgetting about the values inherent in that form of communicating when we jump in front of our keyboards or leave our voice messages.

Important things shouldn't be done in an e-mail unless there's just no other way to do them. Nobody wants to hear they've been fired in pixels. These are all things that used to be considered to be sketchy to do over the phone and, more and more, we seem to be getting comfortable doing them behind the small degree of anonymity afforded us by our broadband connections.

Oh, well. At least she didn't do it in a chat room.

(Editor's Note: Sgt. Jacob Boyer is editor of the Fort Eustis installation newspaper, The Wheel.)

mostly used them to say hello randomly and forward any number of stupid chain forwards around and around in one great circle.

The one thing I've noticed though, both in e-mails and on Internet message boards and blogs, is that people tend to be a little more free with their words. It's like sitting behind a computer screen makes folks capable of saying and doing things they never would in person or over the phone. Makers of alcoholic beverages have tried for years to brew a concoction that can get people to let go of their inhibitions in the same manner as they do when they're online.

I was having a talk with the dumper the other day and asked her why, of all methods, she had chosen an e-mail to inform me of my new status. She said in the letter that these situations were awkward, and she kind of hinted in the conversation that it's a cowardly (not her exact words) way to do it. It is!

Of course it's easier to do things from behind a screen where the other party has no way to reply. It's easier to do something hurtful when you don't have to see the person being hurt. That's why most high school relationships (at least in my day) ended with a folded-piece of notebook paper, because teenagers are still figuring out how to handle awkward

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Support and Defend



## NEWS &amp; NOTES

**Easter Cantata**

The Yongsan Community Choir invites everyone to an Easter Cantata, "The Seven Last Words of Christ." Composed by Theodore DuBois and directed by Bo Fluharty, This dramatic seasonal work includes orchestra, chorus and soloists in seven movements, representing the last words and character of Jesus Christ. "The Seven Last Words of Christ" will be presented Saturday and Sunday. Both performances begin at 7 p.m. Admission is free.

**West Point Founders Day Dinner**

The 2005 U.S. Military Academy Founders Day Commemoration Dinner will be Sunday at the Dragon Hill Lodge. Activities begin at 6 p.m., with a Benny Haven Social Hour in the Market Square area. Dinner will follow in the Naija Ballroom. All West Point graduates, friends of the academy and their guest are welcome. For information, contact Lt. Col. Pat Kelly at 723-8653 or at kellytp@korea.army.mil.

**Flu Vaccine Available**

Flu vaccine remains available until Thursday. In the beginning of January, the Center for Disease Control expanded the flu program to all Department of Defense Healthcare personnel. Feb. 1, U.S. Forces Korea expanded the program to all eligible beneficiaries on the Korean Peninsula.

This year's flu outbreak has been late but more potent than previous years. Typically the flu season lasts from November through April, although you can catch the "flu" any time of the year. See local primary care providers or contact area medical treatment facilities to receive the influenza vaccination.

Active-duty servicemembers can also walk in at the 1 RC Medical Readiness Team located at the Yongsan Soldier Support Center, Building S-4034.

**176th Finance EXEVAL**

The 176th Finance Battalion will conduct a Battalion EXEVAL Monday thru Thursday. During this period, travel vouchers may be submitted in Bldg. 2254, Rm. 215A. Customer service will be conducted at Bldg. 1516 Tuesday and Wednesday. Battalion offices will be closed Thursday.

**AFCEA Luncheon**

The Seoul Chapter of the Armed Forces Communications and Electronics Association invites everyone to attend a luncheon Thursday at the Main Post Club, Yongsan, from 11:30 a.m. to 1 p.m. Thursday. Guest speaker at the buffet luncheon will be Brig. Gen. Dennis L. Via, deputy director for operations, Defense Information Systems Agency. For information on the event or to RSVP, e-mail to jessica.rowell@us.army.mil.

**42A/L Soldiers Sought**

A representative from the Office of the Chief of the Staff of the Army would like to set up an interview date with Soldiers (42A/L) who meet the following qualifications: Spc.-Staff Sgt. (Staff Sgt. no more than 1-year TIG); MOS - 42A/L; Secret clearance with the ability to upgrade to Top Secret; no derogatory information within the Soldiers file; financially stable for a high cost of living area; good customer service demeanor; ASI of E3 (if possible); DEROS within the next 4 months (regardless of assignment instructions).

Additionally, the Soldier needs to bring a copy of the following: ERB; DA Form 705; last five NCOERS (ALL NCOs); DA Form 1059 (from any NCOES Schools attended). The representative will be here April 4-8.

**MPs remember fallen canine comrade**

Story by Pfc. Van M. Tran

8th Military Police Bde.

**YONGSAN** — The dark cloud hovering over the kennels of the 94th Military Police Battalion March 10, matched the mood of the Soldiers gathered there.

They were there to bid farewell to a brother in arms who had served the battalion for nearly a decade. Quinn, an MP working dog, was to be put to sleep this morning due to deteriorating health brought by old age.

Though the group of K9 handlers were saddened by the event, they chose to focus instead on the years of service Quinn had given, and to the way he affected those around him.

Quinn, a Belgian Malinois — a preferred breed for working dogs, thanks to their keen sense of smell — arrived in Korea in March 1994. He worked here as a patrol and explosives detection dog since that time. During his time on the peninsula he was assigned 10 different handlers. What was most amazing about Quinn to the MPs who worked with him, was his consistency. Every year he went through a certification course and was certified all 10 times. According to Staff Sgt. Michael Billo, NCOIC of the Yongsan MP Kennel, such a record is unheard of for a military working dog in Korea.

"In the 150 plus explosive sweeps that Quinn conducted, he never faltered once," Billo said.

In his nine-plus years of service, life



COURTESY PHOTO

Sgt. Shane Williams, a K9 handler assigned to 94th Military Police Battalion, shows Quinn the retirement plaque he was presented for his nine-plus years of military service in Korea.

wasn't always easy for Quinn. He survived three separate surgeries, one after a 6-and-a-half pound mass ruptured in his abdomen. However through many hours of close observation and care from his handler, Quinn always made a full recovery and continue to work until June 2004.

At that time it was decided that Quinn had served his county long enough and it was time to retire. "Our dogs are the best MPs on this post. They don't cause problems and no matter

what your dog will always have your back," said Staff Sgt. Larry Primeaux, 94th MP Bn. K9 unit.

That is why it is so hard for the Soldiers of the unit to see a dog put down. They are told in K9 handler training school not to get attached to their dogs, but that is not easy to do, said Sgt. Shane Williams, a K9 handler here in Yongsan.

"Each dog has its own personality and it's very easy to just fall in love with that particular animal, which makes it that much harder for us to have to see one of our own go," Williams said.

It was especially hard to say goodbye to Quinn, said Williams, calling him a role model for all of the other dogs in the kennels. "If you wanted to see a true perfect K9 animal then you had to watch Quinn. He always obeyed commands and never gave less than 110 percent," he said.

For his service to the Republic of Korea, Quinn was awarded a retirement medal along with a plaque featuring the Eighth U.S. Army commanding general's coin.

Though he is gone, the MPs of 94th MP Bn. said Quinn will always be in the hearts and memories of all those who have worked with him.

"You could be having a horrible day and as you sit in your vehicle, your dog will come lick your face, and it's at that very moment that you knew that everything was going to be OK," said Primeaux.

**New DoD Sexual Assault Policy afford victims privacy**

By Samantha L. Quigley

American Forces Press Service

**WASHINGTON** — New guidelines for confidential, restricted reporting of sexual assaults in the Defense Department were announced today in a Pentagon briefing.

"The policy allows victims — and here's the big change — to report a sexual assault to specified individuals without necessarily initiating an investigative process," David Chu, undersecretary of defense for personnel and readiness, said. "(It) will still give them access to medical care, counseling and victim advocacy."

The specified individuals include sexual assault response coordinators, certain health care providers, victim advocates and chaplains. Chaplains, Chu said, already possess that privilege under the current system.

Chu said the department believes this policy change will encourage more victims of sexual assault to come forward and seek help. More accurate reporting will provide commanders a more accurate view of what is happening within their commands, as well, he said.

"Although the department would prefer complete reporting of sexual assaults to activate both victim services and accountability actions, we believe our first priority needs to be (for) our victims to be protected, to have them treated with

dignity and respect and to receive the medical treatment, care and counseling that they deserve," Chu said.

This option, he explained, provides the victim with more time and control over the release and management of personal information. He acknowledged that victims may not be ready to initiate an investigation immediately after an assault, and said the hope is that the design of the policy will empower them to seek information and support that will allow them to make an informed decision about participating in a criminal investigation.

The policy also aims to balance the needs of the victims with the needs of commanders, Chu said. Within 24 hours of a sexual assault where the victim chooses to seek care but not pursue an investigation, commanders will be informed of the incident. The commander will not get personal identifying information about the victim, however.

"This new policy, we are convinced, will provide commanders with a clearer picture of sexual violence within their organization because they will be informed of offenses that had previously gone unreported," Chu said.

He also said that the magnitude of the change requires "extensive, in-depth training" for all department personnel. This is especially true for commanders, senior

enlisted advisers, investigators, healthcare providers and others involved in sexual assault response.

The new sexual assault prevention policy was originally announced in January. The confidential and restricted reporting portion is due to take effect in mid-June, Chu said. The message the department hopes comes across loud and clear is that sexual assault is a crime that won't be tolerated, he added.

"We hope that our proactive stance will enable the department to create a safer and more cohesive military community," Chu said. That community includes the three military service academies, which have had sexual harassment woes in the recent past.

Joseph E. Schmitz, DoD inspector general, revealed in broad strokes the results of a recent and very specific survey of academy cadets and midshipmen — the first three-academy survey on the same issues at the same time.

"We ... established a very solid survey tool in conjunction with Dr. Chu's office and his experts in surveys," Schmitz said. "We asked some very tough questions and we bent over backwards to provide confidentiality for

## Culinary from Page 1

overseas in support of operations in Iraq and Afghanistan. Longstaff added that the competition held annually at Fort Lee is bigger than competitions held by the American Culinary Federation and the Chicago Food Show.

The Fort Lee event is the premier culinary competition in the U.S. Armed Forces. The competition also serves as an arena for military personnel to try out for the U.S. Army Culinary Arts Team. There were 28 Soldier-chefs who tried out for USACAT team, and 15 were selected to the team.

The world champion USACAT is

recognized by the ACF as the official military team representing the United States in World Association of Cooks Societies sanctioned culinary competitions around the world.

The USACAT competed in the World Culinary Olympics held in Erfurt, Germany in October 2004 bringing home second place overall while capturing 16 gold medals and 17 silver medals for an USACAT high 33 total medals.

*(Editor's Notes: Travis Edwards is the strategic outreach officer at Fort Lee, Va.)*

## Funding from Page 1

of life for Soldiers and families as the top priority for the Army, saying, "Soldiers are the centerpiece of our formations so nothing can be more important than a Soldier; nothing can be more important than the family."

"Our installations serve as our flagships of readiness," said Army Chief of Staff Gen. Peter J. Schoomaker. "The environment in which our Soldiers train, our civilians work and our families live plays a key role in attracting, recruiting and retaining the high quality people the Army needs. To enhance combat effectiveness and enrich the workplace setting, we are reinforcing our commitment to our Army family."

"The Army leadership has made an important decision that recognizes the vital role installations play in the Global War on Terrorism," said IMA Director Maj. Gen. Ronald L. Johnson. "This is the highest level of funding ever committed to installations, and it recognizes the need to give Soldiers and their families services and facilities equal to the service they give this nation."

IMA planners are working to execute the new funding for maximum impact on the installations. Funding will be released through a phased plan over the balance of this year and through an annual funding program for future years.

## Policy from Page 3

the survey takers."

The department made arrangements so that academy computers and networks did not have to be used to protect the survey takers' privacy.

The survey collected information from all of the female cadets and midshipmen and resulted in more than 1,900 usable survey responses. A scientifically derived sample of roughly one-third of the men at each academy took the survey as well.

The full results of the survey, Schmitz said, are available today on the DoD Office of the Inspector General's Web site. Schmitz said the survey should provide a good picture of the situation at the academies.

"The survey, I believe, will provide a very solid baseline for commanders at the academies and leaders in the department and leaders on Capitol Hill and other organizations that are concerned about these challenges," he said.

"In a general sense what we validated was some of the challenges that we surveyed on last year at the Air Force Academy the other academies are facing."

What they found is there are serious challenges to the honor codes and concepts at all three academies. They also gleaned information regarding the confidence of cadets in midshipmen from the very top of the command structure down to the cadet and midshipmen leaders themselves.

"We've identified some trends that I think the commanders will need to be working on in terms of training and dealing with these challenges," Schmitz said.

The survey also revealed 302 sexual assaults. Of those, one-third were reported, a figure Chu said is on par with civilian colleges.

While that's not exactly surprising, Chu said, DoD expects more of its cadets and midshipmen.

"The standard is not to produce noncriminal officers," Schmitz said. "Our bar is way higher than that."

"Our goal is to produce military leaders of character. And obviously sexual assaults are not a good indication of character."

As required by statute, Chu said, the survey will be continued at the academies at the same time each year to find trends.

AD  
GOES  
HERE



## Army spouses learn more team building

By David McNally

Area I Public Affairs

**CAMP RED CLOUD** — Thirteen Army spouses began advanced Army Family Team Building classes March 15 at the Pear Blossom Cottage.

The level-two classes are for spouses who have completed the initial 16-hours of introductory training.

“Level two teaches you how to develop yourself as a person,” said Antoinetta Rolack, Area II AFTP program coordinator. “It also covers time management.”

Rolack said she recently completed teaching the Camp Casey AFTP level-two training.

“They felt really great about themselves,” Rolack said. “The spouses felt empowered by the classes. They really understand how the Army works now.”

“The program is basically what the Army can do for you, and what you can do for the Army,” said Natalia Lyons, CRC Pear Blossom Cottage manager.

Lyons said they are offering 12 hours of level-two classes over three four-hour sessions Wednesdays through March 30.

“The first three levels cover what all Army spouses should know,” said Joseph Gall, Army Community Service specialist. “The fourth level qualifies instructors.”

While level-one classes address Army spouses questions, level-two classes teach how to develop and groom leaders in Army family readiness groups, community agencies or other military and civilian organizations.

Rolack said AFTB level-two classes cover:

- enhancing relationship building
- management skills
- help with adapting to change
- building community networks
- financial management

“After completing level two, these spouses will feel more independent,” Rolack said.

Lyons said several of the spouses in the class have husbands who are deployed.

“This class builds friendships and knowledge,” she explained.

Most spouses who complete one level will attend the entire program, Rolack said.

“I encourage spouses to complete level four and become instructors,” Rolack said. “I tell them, this is what you owe to the community after you take these classes. I hope they will get out there and make a difference.”

E-mail david.mcnally@us.army.mil

## Area I prayer breakfast nourishes spirit

By Spc. Stephanie Pearson

Area I Public Affairs

**CAMP RED CLOUD** — About 25 Area I Soldiers and civilians gathered March 15 at the Kilbourne Dining Facility to nourish their spirits and bodies with a prayer breakfast.

“I wanted to do the breakfast for two reasons,” said Chaplain (Maj.) Terrence Walsh, Area I chaplain. “First, I wanted to get people closer to God and help them build the kind of spiritual fitness that gets them to survive in the time of war. Secondly, I wanted to talk to them about what the scriptures say about being a Soldier.”

Walsh said a lot of people have trouble reconciling their faith with being a Soldier, so he used the time to talk about passages in the Bible that “recognize that being a Soldier can be honorable and a way of serving God,” he said.

“I wanted them to come away from this breakfast with a better understanding of the ‘theme of vocation,’” Walsh said. “God calls you to do something, and He calls on some people to be Soldiers, and some to be civilian employees who support our forces.”

The topic hit close to home for some.

“I think it’s very important for me,” said Staff Sgt. Jonathan Jenkins, Headquarters and Headquarters Company, Area I, training room noncommissioned officer-in-charge. “One of the reasons I’m fighting is so people can have the freedom to practice whatever religion they choose.”

E-mail stephanie.a.pearson@us.army.mil



SPC. STEPHANIE PEARSON

Cpl. Seo Dong-il, Headquarters and Headquarters Company, Area I, prays March 15 at an Area I prayer breakfast.

## Soldiers construct Camp Casey Paintball Course



DAVID MCNALLY

About 20 members of the Camp Casey Enclave Better Opportunities for Single and Unaccompanied Soldiers unload sandbags March 14 at the future site of the installation’s paintball course. The group hopes to finish the project in April. Morale, Welfare and Recreation officials recovered paintball equipment and course materials from the Camp Casey Paintball Course closure.



## NEWS & NOTES

### Jazz and Poetry Session

Camp Red Cloud's Mitchell's Club presents a jazz and poetry session 7-9 p.m. Saturday. Poetry in Motion says to "bring your talent to the open mic."

### Easter Egg Hunt

Army Community Services will have an Easter Egg Hunt at 3 p.m. today at the Camp Red Cloud commissary. Lucky children will receive a first-class Easter basket if they find the right egg. There also will be a \$25 gift certificate hidden among the eggs.

### Talent Show and All-Nighter Dance

Better Opportunities for Single and Unaccompanied Soldiers is hosting a Talent Show from 6 to 9 p.m. April 23 at Camp Stanley's Reggie's and an all-nighter dance from 9 p.m. - 2 a.m.

### Fashion Show

Better Opportunities for Single and Unaccompanied Soldiers is hosting a casual and sportswear, business attire, and evening formal fashion show April 30 at the Camp Red Cloud Community Activity Center. Registration is 10 a.m. to noon every Saturday until April 2 at the CAC.

### Volunteer Ceremony

The quarterly Volunteer Awards Ceremony will be held 11:30 a.m. - 1 p.m. May 17 at Camp Red Cloud Mitchell's Club. For more information, call 732-7277.

### Camp Hovey Post Exchange

The Camp Hovey Post Exchange has new hours: 11 a.m. - 9 p.m. Sunday through Thursday; and 11 a.m. - 10 p.m. Friday and Saturday.

### 9-Ball Pool Championship

Warrior Division 9-Ball Pool Championship will be held from noon - 2 p.m. April 2 at the Camp Stanley Community Activity Center.

### EUSA Army 9-Ball Pool

The 8th Army 9-Ball Pool Championship will be held at 10 a.m. April 16-17 at the Camp Casey Community Activity Center.

### Directorate of Logistics

Report of Survey DA Form 4697 will be replaced with DD Form 200 Financial Liability Investigations of Property Loss effective Monday.

### Hot Stuff Pizza Delivers

Camp Red Cloud's Hot Stuff Pizza, located inside the CRC Lanes Bowling Center, now provides food delivery services to camps Red Cloud and Jackson. For orders, call 732-6458 or 732-9008 between 11:30 a.m. and 10 p.m.

### Leadership Course

The Civilian Personnel Advisory Center is offering the Leadership Education and Development Course May 23-27. The class will be held in the Camp Casey Education Center. Completed DD Form 1556 and IDP must be submitted by April 29. For information, call 732-9060.

### Civilian EEO-POSH Training

Camp Casey will host an equal employment opportunity and prevention of sexual harassment class 8-10 a.m. for nonsupervisors and 10 a.m. - noon for supervisors April 21 at the Second to None Club.

## Warriors salute women's day

By Margaret Banish-Donaldson

Area I Public Affairs

**CAMP HOVEY** — Women from different ethnic, linguistic, cultural, economic and political differences came together March 16 to celebrate International Women's Day at the Borderline Cafe.

Organizers designed the day to remember about 15,000 American female workers who rallied for the right to vote and organize in New York City March 8, 1908.

In 1975, the United Nations began sponsoring International Women's Day, and the Republic of Korea began celebrating the day in 1985.

"Around the world, women have been making strides to secure their rights and equality, and Korean women are no different," said Marilyn Higgins, wife of 2nd Infantry Division's commanding general. "For much of American's history, not many women worked outside the home. The roles they were expected to play were confined to some early traditional roles that were natural outcomes of an agrarian-based economy and social structure. Most of the time when a women married, she stayed home to care for her home, her husband and her family."

Over time, changes in divorce and child custody laws and social freedoms further expanded options for women. These new options also expanded the

roles women could play in society.

"Despite the differences, though, it is amazing how many things in Korean culture are just like American culture," said Helen Niederhauser, Army Community Service volunteer. "We think about many of the same issues, we enjoy many of the same activities and we are proud of the same things."

Among the most significant recent achievements in Korea was the abolishment last week of a gender-based family registry system called "Hoju-je," after an eight-year struggle to end the system. Under the revised Civil Law, which takes effect in 2008, a child is allowed to adopt his or her mother's family name based on mutual consent from both parents.

"This is considered a major historical turning point, which will streamline the realization of gender equality by getting rid of Hoju-je, a main stumbling block in our way to preserving democratic spirits and respecting the constitution," said Lim Hye-ja, civic leader. "However, improvements are still needed for child-care facilities and the labor market on the differences between men and women workers."

In the United States, it wasn't until the late 1960s and early 1970s that some women began to feel liberated, and put traditional roles behind them to seek careers in medicine, law, business,

See **Day**, Page 8

## Ceremony honors fallen 2ID pilots

By Pfc. JeNell Mattair

Area I Public Affairs

**YONGSAN** — Army officials held a memorial ceremony to honor Capt. Dion J. Burmaz and Chief Warrant Officer Aaron W. Cowan, March 2 at the South Post Chapel.

The chapel was filled with Soldiers mourning the loss of the two pilots from the 1st Battalion, 2nd Aviation Regiment, at Camp Page. The two pilots died when their AH-64 Apache helicopter crashed Feb. 26 during a training mission at the Twin Bridges Training Area.

"Everyone is banding together pretty tightly," said Chief Warrant Officer Mark Armstrong, 1st Bn., 2nd Avn. Regt. "We are a very close-knit unit and everyone is grieving. I don't think we could have lost two better guys. They were great officers and great pilots."

Burmaz was from Fullerton, Calif. Upon graduation from college, he was commissioned as a second lieutenant in the Aviation Branch. He attended the Aviation Officer Basic Course, the initial entry rotary wing course and the AH-64A aircraft qualification course at Fort Rucker, Ala.

Upon completion of flight school in August 1999, he was assigned to the 3rd Battalion, 229th Aviation Regiment at Fort Bragg, N.C., where

See **Pilots**, Page 8

## Camp Stanley Soldier surprises wife

By Spc. Chris Stephens

2nd Infantry Division Public Affairs

**CAMP STANLEY** — The Battery A, 6th Battalion, 37th Field Artillery Regiment, Soldier stood in front of his battalion commander March 10 to take his final oath of enlistment.

With the words going through his head as he recited it, Staff Sgt. Scott Wilson had one other thing on his mind -- he was about to ask his wife of eight years to remarry him during his speech.

"I was a nervous wreck all morning," Scott said. "I knew the re-enlistment part would be easy, but I knew I would have trouble saying the words to my wife, asking her to renew our vows together."

***"It was a perfect way for me to tell her that I loved her."***

—Staff Sgt. Scott Wilson

After re-enlisting, Wilson thanked all his fellow Soldiers for their support while in Korea.

"I wouldn't be here if it wasn't for you," he said.

A few seconds later, Scott asked his wife to come forward and immediately dropped to one knee.

Scott proposed again to his wife, expressing how much she meant to him, and thanking her for her sacrifices during his military career.

Crystal's expression told the whole story.

"I was shocked," she said. "I couldn't believe it."

However, there was one more thing. To Crystal's surprise a military chaplain was already standing by. The couple renewed their marriage vows in front of Scott's unit.

"I knew she would like it," Scott said. "It was a perfect way for me to tell her that I loved her."

After renewing their vows, they were presented as Staff Sgt. and Mrs. Wilson.

See **Wife**, Page 8



SPC. CHRIS STEPHENS

Staff Sgt. Scott Wilson (right) renews wedding vows March 10 with his wife Crystal at his re-enlistment ceremony.





PHOTOS BY SPC. CHRIS STEPHENS

A 2nd Infantry Division M88A2 Heavy Recovery Vehicle prepares to cross the Imjin River March 5 on a bridge assembled by Republic of Korea Army soldiers.

## Bridge crossing concludes exercise

By Spc. Chris Stephens

2nd Infantry Division Public Affairs

**IMJIN RIVER** — The relationship between the U.S. and Republic of Korea armies is unique in the sense that they've learned to work together to achieve a common goal.

This partnership was on display March 5, as Soldiers from 1st Battalion, 15th Field Artillery Regiment, and Task Force 2-9, completed their field training exercise with an Imjin River bridge crossing.

This crossing was different than others as, for the first time in years, U.S. Soldiers crossed a bridge put together by Republic of Korea Army soldiers.

"The whole point of this exercise is to continue the great relationship we have with the ROK Army," said Col. Michael Feil, 1st Brigade Combat Team commander. "Also, we want to actually train together and complete the tasks together, just like we would have to do if we went to war."

Before crossing the bridge, the 2nd Infantry Division safety team addressed safety concerns.

"We placed a safety boat downstream, had ambulances waiting at the shore on each side and posted speed limits for each vehicle," said Lloyd McClintock, 2nd Inf. Div. deputy safety officer. "We weren't going to take any chances."

ROK Soldiers had full control of how many vehicles would be on the bridge at a time.

"They had everything under control," said Alfredo Nogueras, 2nd Inf. Div. safety officer. "They got the mission done and ensured that a safe operation was run."

See **Bridge**, Page 8



A Korean Soldier gives direction.



A U.S. M88A2 Heavy Recovery Vehicle prepares to cross the Imjin River March 5.



A Korean Soldier guides a 1st Battalion, 15th Field Artillery Regiment, light medium tactical vehicle across the bridge.



## Wife

from Page 6

What made the event even more special for the Wilsons is this was the first anniversary they would spend together in their eight years of marriage.

"I've always been gone on our anniversary on some kind of deployment or duty or something else relating to the military," Scott said. "Even though I'm stationed in Korea, I wanted to spend this one with my wife, and I'm very happy with how it all turned out."

The one thing they both wished was that their three children could have been there to witness the event as well.

"It would've been nice to have them here," Scott said. "But, they had school and that comes first."

Scott and Crystal were both surprised she didn't get the secret out of him.

"He can't keep anything from me," she said. "I'm very persistent and he

usually coughs up his secrets. But, he didn't on this one and it made it that much better."

Lt. Col. Matthew Dawson, the battalion commander, said he was honored to be invited to attend the event.

"This is the first ceremony like this that I have ever seen," he said. "It is representative to the idea about what it means to be in the Army family -- the sacrifices and the commitments. Sergeant Wilson and Crystal have set the bar high for everybody. They've made a great commitment not only to each other, but the Army as well."

For Scott, he's glad there was no alert or anything else to mess up his day.

"Although I wished for it a little bit this morning because I was so nervous, I'm glad nothing like that happened," he said. "It was a perfect day and I couldn't be any happier."

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## Pilots

from Page 6

he served as a platoon leader.

During his assignment to the 1st Bn., 2nd Avn. Regt., Burmaz served as commander of Company D and Company A.

"The qualities Dion possessed were first and foremost that of an attack pilot," said Capt. Jamie LaValley, 1st Bn., 2nd Avn. Regt. "Gun pilots are a very unique breed. They are warriors, proud and intelligent. Dion's loss is a true loss to Army aviation."

Cowan was born in New Mexico and entered the Army in 1986 as an infantryman. He served in Special Operations and was highly decorated.

Cowan earned the Expert Infantry Badge, a Ranger Tab, Scuba Badge and Master Parachutist Badge.

Cowan entered Aviation Service in

1992. He served as an attack helicopter pilot in the 501st Aviation Regiment, Korea; 229th Aviation Regiment, Fort Bragg, N.C.; and the Aviation Training Brigade at Fort Rucker, Ala.

In 2004, he was assigned to Company A, 1st Bn., 2nd Avn. Regt.

"We are all sorry for his loss," Armstrong said. "But, make no mistake. Aaron died doing what he loved. Our hearts go out to his wife and family. We will each keep part of him with us and know that in the end, he never gave up fighting."

Armstrong said some people live a lifetime and influence nothing.

"These men lived a short life and impacted many," he said.

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## Day

from Page 6

politics and engineering, Higgins said. Right now in Korea, we see many women rushing off to work in the mornings pursuing careers in medicine, law, business, education and fulfilling many other roles in Korean society.

As women, we are proud for our sister nation of Korea, and the freedoms

that the women who live here are enjoying, Higgins said. But just like Americans, they too have choices to make to achieve balance in their lives.

Sally Hall, Camp Casey USO director sponsored the event.

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## Bridge

from Page 7

For Soldiers crossing the bridge, it was a little different.

"Many Soldiers are doing this for the first time, so we had to get them mentally ready," said 2nd Lt. Christopher Darling, platoon leader, Battery A, 1st Bn., 15th FA Regt. "Like anything new, it's a little scary."

For Pfc. Daniel Nordstrum, Battery A, 1st Bn., 15th FA Regt., excitement was brewing prior to crossing the bridge.

"We were all ready and excited about this," he said. "It's something many of us had never experienced before."

Nordstrum said whether it's

Korean Army equipment or U.S. equipment, "we're all Soldiers working together."

The Soldiers said they were also glad to be a part of the continued ROK-U.S. alliance.

"You can tell when you see both armies working together as one, how strong this alliance is," Darling said. "We work together and ensure mission success."

"Overall, we're building confidence in both armies' Soldiers," Feil said. "By doing that, we can ensure we are ready for anything that may come up."

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AD  
GOES  
HERE





*keepin' it legal*

## Mistakes often made when battling debt

By Capt. James Leary

Area II Legal Office

**YONGSAN** — “Debt relief is just a click away.” “Cut your minimum monthly payment by half.” “Slash your interest rates down to zero.” We have all seen the advertisements ... companies promising that, for a low upfront fee, they can make the consumer’s (you) debt problems go away.

But will these companies actually help you? Before you go to a credit consolidation company, there are a few things that you need to know first.

### Too good to be true

Many of the companies offering these “great deals” are fraudulent. Companies claiming to be debt consolidation corporations will often promise unsuspecting customers a cure to their debt woes for a small, upfront fee. Be wary of any company that requires a one time upfront fee. Once these companies have your money they have no reason to continue to provide you service.

Also, when these companies take over your loan payments ... they do not take responsibility for your loan. This means that if they miss a payment or are late in paying, you, not them, are held responsible by your creditor.

Debt consolidation companies also entrap unsuspecting consumers with “hard-money loans,” that they can use to pay off outstanding credit cards.

Be careful. While this plan is appealing at first, by allowing you to make only one payment a month, the companies that offer “hard-money loans” usually charge higher interest rates than your credit cards.

### Finding a better way

There are better options for you, as a consumer, to pay off your credit cards.

First, most banks offer low-interest loans for consumers who want to consolidate their debts, that is much better than credit consolidation loans. Also, if you own a car or home, banks

See **Debt**, Page 10

## Armed Forces’ Spouses’ Club raises money for ROK, U.S. charities



By Pfc. Seo Ki-Chul

*American Forces’ Spouses’ Club President Julie McRee, right, and Marcia Bouchard, Chosun Gift Shop operational board president, proudly display a check in the amount of \$250,000. The money was raised through the Chosun Gift Shop, a fund-raising arm of AFSC.*

By Alex Harrington

Area II Public Affairs

**YONGSAN** — A quiet bustle fills the ballroom as dozens of women file in and take their seats, chatting to one another, telling jokes and organizing their papers. While the sounds of laughter and cheer set a casual tone for the gathering, these women, members

of the American Forces’ Spouses’ Club, are serious when it comes to helping others with money raised through the Chosun Gift Shop, a fund-raising arm of the organization.

The AFSC is a combined community spouses’ organization (formerly the Seoul American Officers and Civilian Spouses Club and the Enlisted Spouses Club) that

operates in Yongsan, Area II. Through its community service endeavors and earnings from the Chosun Gift Shop, AFSC has directly enhanced the quality of life for both Koreans and Americans.

This year, AFSC has exceeded their previous year’s earnings by nearly 25 percent -- all of which was donated to various scholarships and charity causes.

“With the help of our volunteers and part-time staff, we have raised a record breaking amount of \$250,000 for AFSC welfare projects and scholarships,” said Marcia Bouchard, Chosun Gift Shop operational board president. “The money will be equally divided between Korean and American charities.”

Many groups will benefit from the donations Bouchard emphasized. “A few examples of organizations that will receive or have received are school sports programs, Girl and Boy Scout events and care packages to servicemenbers serving in both Iraq and Afghanistan.

In addition, many Korean orphanages and homes for the elderly located in and around Seoul Metro area will receive donations,” Bouchard said.

Bouchard also added that this year AFSC members and their families will receive approximately \$50,000 in academic scholarships. “With the funds we raised this year, we will be able to offer scholarships to eligible

See **Community**, Page 11

## Area II youth perform Frog Prince



By Alex Harrington

Area II Public Affairs

**YONGSAN** — Kindergarten to 12th-graders from Seoul American Elementary School took part in the Missoula Children’s

Theatre presentation of “The Frog Prince,” March 12, at Moyer Community Service Center, Main Post.

The Missoula Children’s Theatre is a drama workshop that develops children’s life skills through the performing arts.

“This is a great way for children to learn life’s skills, such as creativity, social, goal attainment and communications,” said Eskeletha Dorsey, Child & Youth Services liaison officer.

“Within the cast,” added Dorsey, “girls and boys are equal ... the shy experiment with bravery ... the slow are rehearsed to perfection and the gifted become part of the whole. The lesson they learn is that all of them are necessary for the show to go on.”

The Missoula Children’s Theatre is the largest touring children’s theatre program in the United States.

The concept is based on a week-long residency during which a team of touring actors and directors develop and produce a full-scale musical with 50-60 local children as cast members.

“The team held an open audition March 7 and selected approximately 60 students from SAES to perform in the production of ‘The Frog Prince’,” said Dorsey.

For information about the Missoula Children’s Theatre, go to: <http://www.mctinc.org/>.

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COURTESY PHOTO OF CHILD & YOUTH SERVICES

*Sixty local children from Seoul American Elementary School perform “The Frog Prince” March 12 on South Post.*



## NEWS & NOTES

### Commander's Hotline

Area II residents who have questions or comments for the Area II commander can voice them by e-mailing [areaitownhall@korea.army.mil](mailto:areaitownhall@korea.army.mil) or by calling 738-5017.

### Power Outage

Due to construction of the new helipad H264, there will be a power outage 9 a.m. - 3 p.m. Saturday in areas from Gate #19, along 3rd Division and 10th Corps Boulevard to 8th Army Drive, including DoDDs, up to Mayo Street. For information, call Department of Public Works, 724-5007.

### Battalion EXEVAL

176th Finance Battalion will conduct a Battalion EXEVAL Monday - Thursday. The 176th Finance Battalion will be open for customer service Tuesday and Wednesday and closed Thursday.

### Women's History Month Commemoration Ceremony

Area II Women's History Month Commemoration Ceremony will be held 11:30 a.m. - 1 p.m. Wednesday at the Multi-Purpose Training Facility. For information, call 738-5950/5900.

### Inspection, Emission Testing Price Change

Army and Air Force Exchange Service announced a new price for inspection and emission testing. The new price will come into effect April 1 at Yongsan Car Care Center. For information, call 738-7408.

### Childcare Worker Sought

Hannam's Korean Protestant Women of the Chapel is in need of one contract paid childcare worker. Workers must be infant/child CPR certified. For information, call 725-6002.

### Seoul Hot Jobs

The Army Community Services Employment Readiness program provides job listings for the Yongsan area. The program also assists with resume writing, and computers are available for job searches. Appointments are preferred. For information, call 738-8977.

### Commissioning Opportunities Available

Commissioning opportunities are available for those who possess a health care degree in fields such as nursing, pharmacy, optometry, podiatry, environmental science, laboratory science, preventive medicine or behavior science. There is financial assistance for individuals interested in attending medical, dental, veterinary or optometry school. For information, call 736-8102.

### Korea Theater Support Center

A Korea Theater Support Center is now available. Dial 8324 for e-mail problems, GCCS-A trouble and Internet issues. It is not necessary to dial any prefix.

### International Internship Program

The United States Department of Agriculture, Foreign Agricultural Service's international internship program provides college students the opportunity to live and work in a paid internship at an American embassy overseas. For information, e-mail [lgorman@ars.usda.gov](mailto:lgorman@ars.usda.gov) or log on to [www.fas.usda.gov](http://www.fas.usda.gov).

# EUSA commander lauds Bataan Death March teams

By Cpl. Park Jin woo

Area II Public Affairs

**YONGSAN** — Before departing to the Army's White Sands Missile Range in New Mexico, to participate in the Annual Bataan Memorial Death March, the Soldiers who will represent the peninsula at the event received words of encouragement and praise March 15, from the Eighth U.S. Army Commander, Lt. Gen. Charles C. Campbell.

"We are proud of the fact that you made a commitment to take part in this honorary event," said Campbell. "As you march on, remember that you have the pride of Eighth U.S. Army."

The 15 Soldiers were chosen to represent the peninsula in the march, because they were the top athletes in EUSA's preliminary Bataan Death March competition here in the Republic of Korea.

The Bataan Memorial Death March, held March 20, honors both American and Filipino Soldiers who were responsible for the defense of the Islands of Luzon, Corregidor, and the harbor defense forts of the Philippines during World War II.

After a grueling battle with Japanese forces, more than 76,000 American and Filipino Soldiers surrendered and forced to march 75 miles to a prison camp without food, water, or comfort. Only 56,000 arrived alive to the prison camp.

U.S. servicemembers from around the world took part in the



PHOTO BY CPL. PARK JIN-WOO

Lt. Gen. Charles C. Campbell, commander, Eighth U.S. Army, shakes hands with a member of the Bataan Memorial Death March men's team March 15.

Bataan Memorial Death March and humped through New Mexico's mountainous terrain, with elevations as high as 5,300 feet, carrying full field gear in desert heat.

**"As you march on, remember that you have the pride of Eighth U.S. Army."**

—Lt. Gen. Charles C. Campbell  
EUSA commander

"We are mainly concerned with the heat and elevation since the weather there is exactly the opposite from the winter weather of Korea, in which we have been

training in," said Sgt. Jade Chiar-Payne, Headquarters and Headquarters Company, 2nd Infantry Division.

Other than the hills and desert heat, the full field gear makes it significantly difficult for any athlete.

"We will march the 26.2-mile course with a 35-pound rucksack," said Payne. "But what better honor to give those who lost their lives during World War II?"

This type of event normally brings about second thoughts for the average Soldier, but for these 15 men and women who left March 16, they are up for the challenge.

See **March**, Page 11

from Page 9

## Debt

may be willing to provide you a low-interest loan using your car or home as collateral.

Second, you can lower your interest rate yourself with a few phone calls to debtors. Most major creditors are willing to help you find ways to pay off your debt if you ask.

But remember, credit card companies provide this service not out of pure kindness, but because they would rather get money from you at a lower interest rate than have you declare bankruptcy and never pay them at all.

On the other hand, most credit consolidation companies include a monthly fee -- approximately 15 percent -- of your monthly payment. Basically, if you are paying \$500 a month, \$75 of that payment goes to the debt consolidation company, rather than the whole sum to the debt.

Furthermore, companies like MasterCard and Visa offer classes in budgeting that can help you get your credit back on track. In return for taking these classes, credit card companies will often lower the payments you are required to make or lower your interest rate.

While you may not be able to lower your interest rate as much as a credit consolidation company, you

still come out ahead if you contact your credit card companies yourself.

Simply put ... there is nothing a credit consolidation company can do that you cannot do for yourself -- for free.

### Choosing the right company

If you decide to use a credit consolidation company, it behooves you to do the following:

- Do not pay any upfront fees.
- Do not sign any contract that does not specifically spell out your legal rights.

■ Go to the Better Business Bureau's Web site at [www.bbb.com](http://www.bbb.com) to see if the agency has any information about the company you are looking at.

■ Before you consolidate your loans, go to the Web site of the National Foundation for Credit Counseling (<http://www.debtadvice.org/>) and participate in one of their credit counseling events to see if credit consolidation will benefit you.

Before you sign any contract with a credit consolidation company, set up an appointment with your legal services office at 738-6845 to review your contract and learn your legal rights.



Community

from Page 9

high school seniors, to include adults who are enrolled in college classes,” she said.

In 2004, AFSC gave more than \$38,000 in academic scholarships.

“In addition to the record amount of money raised this year, the Chosun Gift Shop is a place where people gather and volunteer to give back to the community,” said Bouchard. “There is a wonderful sense of belonging among our volunteers and part-time staff. Great care and pride is taken in everything that happens at the Chosun. This is evident by our beautiful displays, well-stocked shelves, interesting items, and the conversation, laughter and friendships between people working and with

our customers.”

Another AFSC service is their annual publications, “The Seoul Survivor,” for incoming military and Department of the Army civilians who arrive to Korea. It is published to ease the frustration that can be experienced by those who move from the United States to Korea.

The Chosun gift shop is open 10 a.m. to 3 p.m. Wednesdays and Saturdays. It is located next to the Multi-Purpose Training Facility.

For information, go to <http://www.afsckorea.org/> or call The Chosun Gift Shop at 738-5058.

[Harringtona@korea.army.mil](mailto:Harringtona@korea.army.mil)



COURTESY PHOTO

Vivian Milner, a volunteer and member with the American Forces’ Spouses’ Club, places new merchandise on the shelves at the Chosun Gift Shop, located at Yongsan Garrison, South Post.

from Page 10

March



COURTESY PHOTOS

U.S. Soldiers took part in the 2004 Annual Bataan Memorial Death March to honor American and Filipino Soldiers who died during a 75-mile march to a prison camp.



“I speak on behalf of everybody on the team and we are honored to participate and commemorate veterans,” said Lt. Col. Troy Busby, 2nd Inf. Div. and captain of the men’s team.

Though team results were not available at press time, the overall winner of the 2005 edition of the Bataan Memorial Death March was Michael Schaedle, of Alamogordo, N.M., with a time of 2:52:43.

For information on the Bataan Death March, go to: <http://www.bataanmarch.com/>.

[E-mail Parkjinw@korea.army.mil](mailto:E-mail Parkjinw@korea.army.mil)

Ad goes here





## Community Events, Classes and Meetings

### *"Land of the Morning Calm" Chapter 169*

The Seoul Chapter of the Armed Forces Communications and Eletronics Association will host a luncheon 11:30 a.m. - 1 p.m. Thursday at the Main Post Club. Current, potential and non-members are invited. For information, call 725-6727 or e-mail [jessica.rowell@us.army.mil](mailto:jessica.rowell@us.army.mil).

### *Get the NCOA Scholarship*

The Non-Commissioned Officers Association offers scholarships to DoDDs high school students who are family members of a U.S. military enlisted servicemember or a member of the NCOA or Dragon Hill Chapter. Those who have not

received a large scholarship from another source are eligible to apply for the scholarship. The deadline is April 1. For information, call 723-8058.

### *A Walk for Fallen Heroes*

A 7 km walk or run around Yongsan will be held at 9 a.m. April 2. This event is sponsored by the Renaissance Program of Seoul American High School for special scholarship fund raising. For information, e-mail [Walkathon42@hotmail.com](mailto:Walkathon42@hotmail.com).

### *Girl Scouts Seek Volunteer*

Girl Scouts of Korea is seeking an international volunteer staff to teach English for the "English Village," which will be held at Mt. Deokyu Campsite in Korea. For information, call 397-4224 or e-mail [seoulclo@state.gov](mailto:seoulclo@state.gov).

## Movies and Opera

### *Geuddae Geusaramdeul*

The movie, 'Geuddae Geusaramdeul' about the historical event of President Park Jung Hee's assassination, will be screened with English subtitles through April 14 in Joongang Cinema. For information, call 776-9024.

### *Magic Flute of Mozart*

The Opera 'Magic Flute of Mozart' will be held at 7:30 p.m. April 1-6 in Opera Theater at Seoul Arts Center. For information, call at 3476-6224.

## Exhibitions and Festivals

### *Woodprint Exhibition*

Modern Woodprints from Korea, China and Japan will be displayed April 3 at the Ilmin Museum of Art. Special side exhibits of "Korea's Old Woodprints" from the Goryeo Dynasty and the Joseon Dynasty are also on display. For information, call 2020-2055 or log on to <http://www.ilmin.org>.

### *3rd World Ceramic Biennale*

The 3rd World Ceramic Biennale will be held with the theme of "Ceramics: The Vehicle of Culture" for 58 days from April 23 - June 19 in Icheon, Yeosu and Gwangju. For information, call 031-631-6504.

### *Hangang Butterfly Festival*

An exhibition that will provide children with a hands-on experience with 208 kinds of butterflies and insects will be held Sunday in Seonyudo Park. Admission is free. For information, call 02-3780-0885.

### *Foreign Language Fair Seeks Judges, Volunteers*

The Third Annual Foreign Language Fair and Competition will be held April 21-22. A variety of activities and competitions for students of Korean, French, German and Spanish will be offered. For information, call 797-3666 or e-mail [Laurie.Clark@pac.dodea.edu](mailto:Laurie.Clark@pac.dodea.edu).

### *CYS Community Fun Fair*

CYS Community Fun Fair will be held 11 a.m. - 3 p.m. April 23 at the Yongsan Child Development Center in order to celebrate the Month of the Military Child. Activities will include martial arts demonstrations, dance performances, games and face painting. For information, call 738-5556.

## Religious activities

### *Lutheran Chapel Service*

The Lutheran chapel service will be held at 4 p.m. Sunday at Memorial Chapel. For information, call 736-7521 or e-mail [frank.ciampa1@korea.army.mil](mailto:frank.ciampa1@korea.army.mil).

### *Passover Seders in Seoul*

Seders will be held at 8 p.m. April 23 - 24 at the Religious Retreat Center. Reservations are required. For reservations or information, e-mail [sanlando@yahoo.com](mailto:sanlando@yahoo.com) or [oxmanb@korea.army.mil](mailto:oxmanb@korea.army.mil).

### *Spirit Warrior 2005*

Spirit Warrior 2005, "A Warrior's Truth" will be held April 29-30 at South Post Chapel. Free Lodging is available for attendees traveling to Area II. For information, call 738-4043/723-8716 or e-mail [grandinj@korea.army.mil](mailto:grandinj@korea.army.mil).

### *Submitting to TMCW*

To submit items to Area II Community News, send all pertinent information to [harringtona@korea.army.mil](mailto:harringtona@korea.army.mil).

# Ad goes here



# Amputees join 3,500 in Bataan memorial march

By Donna Braun

Army News Service

**WHITE SANDS MISSILE RANGE, N.M.** — One generation of war heroes paid tribute to another March 20 at the 16th annual Bataan Memorial Death March.

After 26 miles through gravel, sand and wind-blown dust, Sgt. 1st Class Michael McNaughton sprinted toward the finish line. He was one of five men, all amputees, sponsored by Walter Reed Army Medical Center, participating in this year's march.

"I wanted to do this for the Bataan survivors," McNaughton said. "The sacrifices they made were incredible."

McNaughton knows first-hand about the sacrifices Soldiers are called to make during wartime. He was wounded while deployed to Afghanistan as part of Operation Enduring Freedom, leaving his right leg amputated above the knee.

More than 3,500 people, most of them military, participated in this year's march. The memorial event began in 1989 to honor the tens of thousands of American and Filipino troops surrendered to the Japanese on April 9, 1942, on the Bataan Peninsula in the Philippines. Those troops were sent on a forced march that lasted days through the Filipino jungle. Thousands died along the route. Those who survived faced the hardships of prisoner of war camp. Others were wounded or killed when unmarked ships



MIRIAM RODRIGUEZ

*Sgt. 1st Class Michael McNaughton greets a Bataan survivor at the memorial march's opening ceremony March 20 at White Sands Missile Range, N.M.*

transporting the prisoners to Japan were sunk by U.S. air and naval forces.

Bataan Death March Survivor Ben Steele of Billings, Mont., was in awe of McNaughton's effort.

"It is truly incredible that he wanted to do this for us. I'd say he'd already done

enough," Steele said.

McNaughton, who had never before completed a marathon-length competition, said the course was challenging, especially the infamous "sand pit" -- a half a mile of loose, deep sand in an uphill area toward the end of the course.

"That was really tough. My prosthesis acted like a shovel in the sand," McNaughton said. "I kept digging in."

McNaughton said there was another reason it was important for him to participate in the march.

"There is an organization called the Challenged Athletes Foundation. They raise money to buy equipment for disabled people to participate in these events. I wanted to make more people aware of the organization," he said, noting that the group has a site on the Web.

There are more than 250 people in the amputee program, Walter Reed's Lt. Col. Barbara Springer said..

"Some of our guys had participated in other events such as the New York City Marathon," Springer said. "One of our staff who had been stationed in this part of the country knew about Bataan and suggested that we send some of our guys."

"We sent out questionnaires to see who would be interested, then narrowed it down to 10 people," Springer said. "That was further narrowed to five who met all the training requirements."

And, long before the last marcher of the day crossed the finish line, each of the five men from the Walter Reed group had completed the mission begun in the predawn hours of Sunday.

*(Editor's note: Donna Braun writes for the Missile Ranger newspaper at White Sands Missile Range.)*



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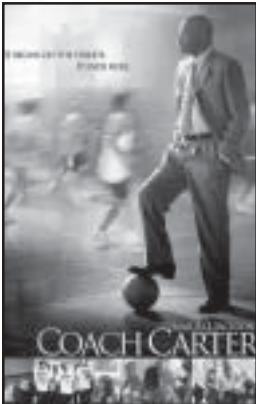
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CASEY 730-7354	Alone in the Dark R	Alone in the Dark R	The Pacifier PG	The Pacifier PG	Hide and Seek R	Hide and Seek R	Flight of the Phoenix R
ESSAYONS 732-9008	Coach Carter PG-13	Coach Carter PG-13	In Good Company PG-13	No Show	In Good Company PG-13	Assault on Precinct 13 R	The Pacifier PG
HENRY 768-7724	Assault on Precinct 13 R	Man of the House PG-13	Man of the House PG-13	Saw R	No Show	No Show	No Show
HUMPHREYS 753-7716	The Pacifier PG	The Pacifier PG	The Pacifier PG	Hide and Seek R	Hide and Seek R	Alone in the Dark R	Alone in the Dark R
HIALEAH 763-3120	Man of the House PG-13	Coach Carter PG-13	In Good Company PG-13	No Show	No Show	No Show	No Show
HOVEY 730-5412	Hide and Seek R	The Pacifier PG	Alone in the Dark R	Alone in the Dark R	The Pacifier PG	Meet the Fockers PG-13	Meet the Fockers PG-13
KUNSAN 782-4987	Constantine R	Constantine R	Alone in the Dark R	No Show	Alone in the Dark R	Closer R	Closer R



**The Pacifier** -- An undercover agent fails to protect an important government scientist and then agrees to look after the man's five out-of-control kids when they are suddenly thrust into danger. Now, he's finding what tough really is when he pits his combat skills against diapering, den-mothering and drivers



**Coach Carter** Coach Ken Carter found himself in the center of controversy when he locked out his entire varsity basketball team in order to motivate and push them to improve their grades. He was even prepared to cancel his entire season after 15 of his 45 players failed to live up to the classroom standards to which they agreed. Ken Carter went on to garner national headlines and high praise even from some of his own athletes, some of whom later earned academic scholarships.



**In Good Company** Dan is demoted from head of ad sales in a corporate takeover. His new boss, Carter is half his age—a business school prodigy who preaches corporate synergy. Both men are going through turmoil at home. Dan can't afford to lose his job in the wave of corporate layoffs. Dan and Carter's relationship is thrown into jeopardy when Carter begins an affair with, Dan's daughter.



**Alone in the Dark** A supernatural detective named Carnby travels to Shadow Island to solve the mystery of a friend's death. While there, he discovers the secrets of the Abskani, an ancient tribe that worshiped demonic forces which gave them incredible powers. Carnby's findings suggest that the Abskani are poised to return to take over the world. With the help from his former girlfriend, an archeologist who has the knowledge to stop the demons, Carnby must now fight against their attempts to take over his mind and to conquer the Earth.



**Constantine** Based on the DC-Vertigo comic book "Hellblazer," Renegade occultist John Constantine has literally been to hell and back. He teams up with skeptical policewoman Angela Dodson to solve the mysterious suicide of her twin sister. Their investigation takes them through the world of demons and angels that exists just beneath the landscape of contemporary Los Angeles.



**Man of the House** Hard-edged Texas Ranger Ronald Sharp is assigned to protect the only witnesses to the murder of a key figure in the prosecution of a drug kingpin — a group of University of Texas cheerleaders. Sharp must now go undercover as an assistant cheerleading coach and move in with the young women — possibly the most terrifying assignment in his 30-year career in law enforcement.

AAFES THEATER	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LONG 721-3407	The Life Aquatic R	No Show	Meet the Fockers PG-13	Flight of the Phoenix R	No Show	No Show	No Show
OSAN 784-4930	White Noise PG-13	Flight of the Phoenix R	Robots PG	Hide and Seek R	Hide and Seek R	Alone in the Dark R	Alone in the Dark R
RED CLOUD 732-6620	The Pacifier PG	Assault on Precinct 13 R	Assault on Precinct 13 R	Hide and Seek R	Alone in the Dark R	No Show	Robots PG
STANLEY 732-5565	Alone in the Dark R	Alone in the Dark R	Hide and Seek R	Hide and Seek R	No Show	Robots PG	Flight of the Phoenix R
YONGSAN I 738-7389	Robots PG	Robots PG	Robots PG	Alone in the Dark R	Alone in the Dark R	Alone in the Dark R	Alone in the Dark R
YONGSAN II 738-7389	Robots PG	In Good Company PG-13	In Good Company PG-13	Hide and Seek R	Hide and Seek R	Hide and Seek R	Hide and Seek R
YONGSAN III 738-7389	In Good Company PG-13	In Good Company PG-13	In Good Company PG-13	White Noise PG-13	White Noise PG-13	White Noise PG-13	White Noise PG-13



# Heed signals as we travel through life

By Chaplain (Capt.) Sungjean P. Kim  
307th Signal Battalion Chaplain

**CAMP CARROLL** – It is shocking to see some drivers not stopping at red lights. You will see them early in the morning, late at night, or in remote areas. Also you can see car accidents early in the morning because of those violators.

I got my driver’s license 20 years ago, yet I’m still learning how to drive in Korea. I want to be a good driver in Korea, so I try to stop when the traffic light becomes red. In general, green means go, red means stop and yellow means wait. However, for some drivers, yellow may possibly mean speed up.

Some drivers may hate me for blocking their way when the light becomes red. They may have a tight schedule, want to save time and may see traffic laws simply as traffic suggestions. I also have a tight

schedule and do not want to waste my time waiting for the traffic light to turn green. However, I understand traffic laws are to be followed and obeyed.

Whether the Korean traffic laws are reasonable or not, I would like to be faithful to the laws. I don’t want to cheat myself. Do you remember your drill sergeant drilling into your head, “Don’t cheat your body, don’t cheat your body…” during PT?

Traffic lights remind me of our health and lives. If the green traffic light were to symbolize our good health, then maybe yellow means warning, and red means illness.

Are you sick physically or mentally? Are you hospitalized or lying in bed? Do you choose not to stop when your health light becomes red?

When you see a yellow light, I want you to slow down and stop. Get a check up by a professional. When your light indicates red, you must stop, hoping to change to green soon.

You will learn to appreciate your healthy life after getting out of your sick bed. You will be reenergized after a pause in your life.

Traffic lights in our lives may also mean yes or no from God. If God says yes, then thank him. If God says no, then listen to him. Obey him. Stop having wrong relationships and bad habits that would be dishonoring God.

If everyone obeys all the traffic laws, you will be safe as well as other drivers. You will not get any more traffic tickets and you will save some money and time.

Likewise, by obeying God, you will be safe. You don’t have to regret not stopping when your light was red. Have a safe and happy life in the Land of Morning Calm.

## Area IV Worship Services

### Protestant

Collective	Sunday	10 a.m.	Camp Carroll
		10:45 a.m.	Camp Hialeah
		11a.m.	Camp Walker
Apostolic		12:30 p.m.	Camp Hialeah
Collective		12:45 p.m.	Camp Walker
		1 p.m.	Camp Carroll

Collective	Friday	7 p.m.	Camp Walker
		7 p.m.	Camp Carroll
Korean	Sunday	6 p.m.	Camp Hialeah
		6:30 p.m.	Camp Carroll
Korean	Tuesday	6:15p.m.	Camp Walker

### Catholic

Mass	Sunday	9 a.m.	Camp Walker
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Mass	Sunday	9 a.m.	Camp Hialeah
Mass		11:30 a.m.	Camp Carroll
Mass	Saturday	5 p.m.	Camp Walker

### Area IV Chaplains

**Chaplain (Maj.) Richard Bendorf**  
bendorfr@usfk.korea.army.mil or DSN 764-5455

**Chaplain (Capt.) Chris Floro**  
christopher.floro@us.army.mil or DSN 763-7395

**Chaplain (Capt.) Daniel Cho**  
chodd@usfk.korea.army.mil or DSN 765-8991

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# Boxers bring fire to Area III Smoker

By Mike Mooney

Area III MWR Marketing

**CAMP HUMPHREYS** – It was a night of firsts at the quarterly Area III Boxing Smoker, as two Korea Augmentation To the U.S. Army Soldiers were among the 16 champions crowned before a packed house of some 500 screaming and cheering boxing enthusiasts in the gymnasium here March 12.

“Although KATUSA (Soldiers) have always been eligible to participate in the smokers, it wasn’t until the January event that a KATUSA participated and it wasn’t until tonight that we had not one, but two KATUSA champions,” said a grinning Area III Sports Director Jim Howell.

“It’s great to see the KATUSA (Soldiers) participate. They are part of our day-to-day mission, and we want them to be active members of the community. Boxing is a big sport in the Korean sporting world, and Koreans have enjoyed a great deal of success in

the Olympics and other international competition,” Howell continued. “Maybe we can help another Olympic or international competitor develop.”

The winning KATUSA Soldiers were Huh Kil-tae, who won by Technical Knockout over Chris Buentello in 1:58 of the third round, and Im Seung-chan, who captured a split 2-1 decision over Randy Collins.

A total of 31 boxers participated in the smoker. While the majority of the participants (19) were from Camp Humphreys, there were four from Camp Carroll, two each from Camp Long, Kunsan and Suwon air bases, and one each from camps Henry and Walker.

“We hope having two KATUSA (Soldier) champions this time around will encourage more KATUSA (Soldiers) to get involved in the future,” Howell said. “We already have a solid U.S. Soldier base, and getting KATUSA participation makes the program bigger and better.”



PHOTOS BY ROGER EDWARDS

Alejandro Delbrey (left) and William Rush fight during the March 12 smoker at the Camp Humphreys gym. Delbrey won in a 3-0 decision.



About 500 fans cheer 31 fighters on during the quarterly boxing smoker March 12 at the Camp Humphreys gym.



Boxers fight for victory in front of about 500 fans during the March 12 boxing smoker at Camp Humphreys.



Trainers make sure their fighters are in good shape between rounds.

## CAMP HUMPHREYS BOXING SMOKER RESULTS

1 – Sam Cowell, 532nd Military Intelligence, Camp Humphreys, defeats Michael Cariaga, 16th Medical Logistics, Camp Carroll

2 – William Bailey, 538th Ordnance, Camp Long, defeats Demian Kim, 1st Air Defense Artillery, Kunsan Air Base, by technical knockout

3 – Huh Kil-tae, 348th Quartermasters, Camp Humphreys, defeats Chris Buentello, 168 Medical, Camp Humphreys, by technical knockout

4 – Im Seung-chan, 23rd Area Support Group, Camp Humphreys, defeats Randy Collins 3rd Military Intelligence, Camp Humphreys, in a two – one split decision

5 – Ricky Clay, 307th Signal Brigade, Camp Carroll, defeats Alexis Perry, 168th Medical, Camp Humphreys, due to injury

6 – Alejandro Delbrey, 607th Combat Communications Squadron, Camp Humphreys, defeats William Rush, 52nd Aviation, Camp Humphreys

7 – Agnes Chu, 23rd Area Support Group, Camp Humphreys, defeats Felicia Lemon, 168th Medical, Camp Walker

8 – Princess Finn, 348th Quartermasters, Camp Humphreys, defeats Nichole Gibson, 3rd Military Intelligence, Camp Humphreys

9 – Illya Mitchell, 168th Medical, Camp Carroll, defeats Andrew McCollum, 43rd Air Defense Artillery, Suwon Air Base, by knockout

10 – Gavin McBean, 520th Maintenance Company, Camp Humphreys, defeats James Hesterman, 30th Signal Brigade, Camp Henry

11 – Alan Quartey, 293rd Signal Brigade, Camp Carroll, defeats Julius

Austin, 43rd Air Defense Artillery, Suwon Air Base

12 – Matthew Loebbs, 1st Air Defense Artillery, Kunsan Air Base, defeats Rasheed Black Combat Support Coordination Team 1, Camp Long

13 – Quadi Hudgins, 501st Signal Battalion, Camp Humphreys, defeats King Brooks 58th Aviation, Camp Humphreys

### EXHIBITION MATCH

Lawrence Blackwell, 52 Aviation, Camp Humphreys vs. Quinton Humphrey, 168th Medical, Camp Humphreys

### WALK-OVER CHAMPIONS

Francesca Campos, 527th Military Intelligence, Camp Humphreys  
Isaac Cummings, 527th Military Intelligence, Camp Humphreys  
Dexter Phillips, 52nd Aviation, Camp Humphreys





### Suzanne Vega Concert

The USO has discount tickets for an April 4 concert by recording artist Suzanne Vega. The performance will be at Chungmu Art Hall and will begin at 8 p.m. USO is offering tickets at a discount of 10 percent for military ID cardholders. Stop by any USO office for information or call 724-7003.

### BOSS Fashion Show

Area I's BOSS fashion show will be held at the Camp Red Cloud's Community Activity Center. Deadline to register is Saturda. Free admission for all Department of Defense ID cardholders. The categories are casual/sportswear, business attire and evening/formal ware. Judging criteria are stage presence, originality of attire, accessory coordination and audience response.

Prizes will be awarded to the top two winners in all three categories, plus the critics choice.

For information, call 732-6246.

### Sunday Bowling Tournament

Visit and enjoy the Sunday Bowling Tournament, 1 p.m. every Sunday at Camp Red Cloud Bowling Center. The tournament will be a combination of Handicap, Scratch, 9-Pin No-Tap and 3-6-9. Also stay late to enjoy X-Treme Bowling from 7 p.m. to 10 p.m.

### Pool Tournament

Camp Red Cloud Community Activity Center is hosting a pool tournament at 11 a.m. every Sunday. The winner will receive a coupon for dinner at Mitchell's. For information, call 732-6246.

### Primo's Adds Oriental Specials

Camp Casey Primo's Express is offering Oriental specials starting in April. Menu items are Bulgogi, Mixed Grill, Vegetable Beef/Chicken/Pork and Fried Rice. Primo's Oriental Special comes with choice of 16-oz. soda. For information, call 730-3400.

### 10-Cent Wings

Ten-cent Chicken Wing Night (with purchase of a drink) is available at Camp Casey Primo's Express and Golf Course Club at 5 p.m. every Friday. For information, call the Camp Casey area club manager at 730-4334.

### Customer Feedback Contest

Area I MWR has a unique customer feedback mechanism called Orange Customer Comment Card. Comment Cards are available at any MWR facility in Area I. Right now MWR is conducting a contest involving the Orange Customer Comment Card. Complete a Comment Card with your personal contact information on it. Drop it off at any U.S. mailbox. At the end of each month three names will be announced to receive a coupon for lunch, dinner or services at any Area I MWR Club, Bowling Center or Golf Course. For information about the contest, call 732- 6274.

### Submitting to TMWC

To have an event highlighted in The Morning Calm Weekly, send event information to MorningCalmWeekly@korea.army.mil.

# BOSS Twilight Golf Scramble, clinic offers team spirit, competition

Soojin Atwater

Area I MWR Marketing

**CAMP CASEY** - Camp Casey and Hovey Better Opportunity for Single and Unaccompanied Soldiers will kick off the Spring Golf Season by hosting BOSS Twilight Golf Scramble April 16 at the Camp Casey Indianhead Golf Course.

The Golf Scramble is a four-person team competition, including a golf clinic starting at 2 p.m. for beginners who might feel uneasy about joining the competition.

"This is a wonderful opportunity for any beginners since this is a team sport," said Jay Underwood, Recreation Programmer, Camp Casey. "Take advantage of the Golf Clinic before the competition begins; then team up with experienced golfers. I guarantee that you will enjoy the relaxed and friendly competition."

The Twilight Golf Scramble brings an easy and a simple format for anybody to join and it does not stop as a normal recreational event. Each team must have at least one BOSS player E-5 or below — a rule designed to allow first sergeants and Soldiers to bond together as one team. The scramble is also an opportunity to build friendship between U.S. Soldiers and local nationals, as the competition is open for local Korean nationals as well.

The events starts with a putting and



SOOJIN ATWATER

A participant prepares to tee off during the BOSS Twilight Golf Scramble April 16 at Camp Casey.

longest drive contest followed by the golf clinic — with MWR prizes for the winners. Participants may also enjoy Casey Golf Course Club's special

Twilight Buffet before the tee off. The deadline to sign up is April 13.

For information, call the Camp Casey Recreation Programmer at 730-3424.

## Eggstravaganza growing

Mike Mooney

Area III MWR Marketing

**CAMP HUMPHREYS** – Dogs, fingerprints, clowns, puppets and hundreds of pictures of kids are the newest additions to the annual Area III Eggstravaganza Youth Festival planned for Saturday, here at Soldier's Park.

An annual event that combines the kick off to Month of the Military Child, Easter and a Camp Humphreys Salute to Kids, Eggstravaganza starts with the 12,000 Egg Grab at 11 a.m.

The football field and the two softball fields at Soldier's Park will host the combined events, which will wrap up about 2 p.m. Eggstravaganza is open to the children of U.S. military and civilian employees and the children of Korean military and civilian employees in Area III.

Participants will enter Eggstravaganza between the Soldier's Park control building and the softball fields, where each youngster will receive their egg bag and official Eggstravaganza T-shirt.

"No one will be allowed to bring a personal bag into the Eggstravaganza," said Area III Director of Community Activities, Dave Watson. "We have children coming from Suwon, Camp Long and Camp Eagle in addition to Camp Humphreys. We have plenty of eggs and other toys for the kids, but we want to make sure there's enough for everyone." Youngsters will be limited to one bag each.

The Soldier's Park football field will be a sea of eggs, with three 10-yard strips assigned to age groups 0-3, 4-7 and 8 and above. Kids will surround the eggs and start gathering them once the Easter Bunny gives the "Go" sign.

Parents are asked not to bring their pets or their cars to Soldier's Park. Parking will be available across from the gas station and the Auto Crafts Center. Parking at Soldier's Park will be for volunteers and emergency vehicles.

Buried among the 12,000 eggs are 12 prize eggs — three for each age group -- featuring AAFES Gift Certificates and stuffed animals.

After the Egg Grab, festivities move over to one of the softball fields for the Youth Carnival and the Junior Olympics.

## Wrestlers sought for April 2 meet

Mike Mooney

Area III WMR Marketing

**CAMP HUMPHREYS** – Wrestlers from throughout Korea who want to test their moves will get the chance at a Camp Humphreys Wrestling Meet April 2.

The Area III Wrestling Meet is open to all U.S. and Korean military personnel — to include people with or without wrestling experience. Civilian employees and family members are not allowed to participate by Army regulation.

Wrestlers are matched based on their sex, level of experience and weight," explained Area III Sports Director Jim Howell. "This is a freestyle tournament, although we might hold some Greco Roman matches if there's an interest and any wrestlers who are qualified to serve as referees."

Howell pointed out that the competition is for both men and women. "Women wrestling is growing in the United States, and there are even women wrestling in both high school and college," he said.

For those unfamiliar with Army wrestling, Howell pointed out that safety is the number one concern.

"Everyone has to under go a physical and get approval from the doctors the morning of the meet," he said. "Also, we'll have medical personnel at matside."

"I would especially like to invite those wrestlers from Areas I and IV, where there are active wrestling clubs," he added.

For information or to sign up, call the Camp Humphreys Gymnasium at 753-8810/11.



## University students dig into Beacon Hill Park redesign

By Steve Davis

Area III Public Affairs

**CAMP HUMPHREYS** – A team of Dankook University students is hoping to assist U.S. Forces Korea in transforming picturesque Beacon Hill Park overlooking the Camp Humphreys airfield into a lasting symbol of Korean-American friendship.

Invited last year by Area III Commander, Col. Michael J. Taliento Jr. to develop and present a concept to beautify the popular hillside park, the students made a site visit in October, then brainstormed ideas with professors at Dankook University's Department of Environment Landscape Architecture College of Bio-Resources Science in Cheonan City.

"A key element of the Beacon Hill Park redesign strategy is to invite the Korean community to participate in the design and growth of Camp Humphreys," said Taliento. "We want Beacon Hill Park to represent and promote Korean-American partnership and cooperation and reflect the Korean culture we share."

The students are undergraduates Ku Min-kyu, No Mi-young and Yu Sung-yoon, graduate student Yi Ki-sang and doctoral candidate Shin Kyung-jun. Their professors are Dr. Kim Nam-choon and Dr. Pae Jeong-hann, both professors in the Department of Environment Landscape.

They briefed Taliento and other Camp Humphreys representatives recently on a development plan that would both preserve and enhance existing trees and plant life on Beacon Hill.

"Our goal was to create a park that would invite high use because of its nature trails and interesting features," said Yi Ki-sang, a master's degree student who presented the team's concept at the briefing. Those features include a 400-seat amphitheater, walking trails, a waterfall and pond, a bridge and deck over wetland areas, a playground, barbecue areas designed in Korean, Chinese and Japanese motifs that will accommodate 90 people in each of the three areas, and some traditional Korean elements.

Among the unique Korea elements are the addition of indigenous trees and flowers that would bloom year-round along brick steps, a traditional Korean beacon atop the hill and a "stick park."

Yi explained that the stick park – which in Korea symbolizes peace and welfare of the village – would be an area where a large group of 30-foot-high wooden poles topped with ornate bird carvings would be spaced 30-feet apart. The poles would serve as an artistic sun-



PHOTOS BY STEVE DAVIS

*This concept drawing shows the proposed redesign of Beacon Hill Park at Camp Humphreys. The design includes nature trails, a 400-seat amphitheater, walking trails, a waterfall and pond, a bridge and deck over wetland areas, a playground, barbecue areas designed in Korean, Chinese and Japanese motifs that will accommodate 90 people in each of the three areas, and traditional Korean elements such as a "stick park" and Korean-style beacon atop the hill.*

dial, showing changes of time by shadows cast by the poles.

The group also proposed that a traditional Korean wall with top tiles be built to replace the existing chain-link security fence alongside Korean homes bordering the installation behind Beacon Hill.

Information and Tours Manager Kim Kum-hwa attended the briefing to represent United Service Organization.

"Everything is very preliminary right now, but we are very excited at the students' proposal," she said. "We all talked earlier about how we would like Beacon Hill Park to be; now, because of the students' great ideas, we can actually see what someday it may look like."

Kim said the amphitheater would be a "great" venue for future USO shows.

The five students said they spent three months on the proposed redesign, part of their study program and a community relations project at the same time.

They said that following the initial site survey, there was a lot of initial brainstorming and consultation with their professors, then a concentrated one-month effort to come up with the concept, drawings and the presentation.

"We are very excited because this is something we know could actually be built," said Yi, noting that many graduate

projects are purely academic and never get built.

During his presentation Yi noted that the shape of Beacon Hill Park resembles an eagle's head, America's symbol.

Taliento expressed his delight at the design and commended the students and professors following the presentation and luncheon at Freedom's Inn by presenting each with an Area III

commander's coin.

Taliento characterized the full development of Beacon Hill Park as a "phased approach" that depends on funding authorization from higher headquarters. He said the students' work is a "pearl" of Korean culture and said he will seek support for some of the proposed design elements as soon as possible.



*Students and professors walk at Beacon Hill following their presentation to transform the popular Camp Humphreys area into a park that promotes Korean-American friendship. They are: Ku Min-kyu, No Mi-young, Yu Sung-yoon, graduate student Yi Ki-sang and Shin Kyung-jun and professors Dr. Kim Nam-choon and Dr. Pae Jeong-hann, from the Department of Environment Landscape in the College of Bio-Resources Science at Dankook University in Cheonan.*



## NEWS & NOTES

### Area III Holy Week Schedule

Holy Week services will be offered on the following schedule: Good Friday Mass, 5:30 p.m. today; Holy Saturday Easter Vigil Mass, 7 p.m. Saturday; Easter Sunday Mass, 9:30 a.m. Sunday. All Masses will be held at Freedom Chapel. For information, call 753-7276.

### RESUMIX and Resume Class

Learn how to use the RESUMIX system to find a job and hone your resume at a class from 9 a.m.-noon and 1-4 p.m. Monday at the Distance Learning Center. Pre-registration is required. For information, call 753-8401.

### Infant Care Class

An infant care class will be held from 9-11 a.m. Thursday at the Camp Humphreys Army Community Services. Pre-registration is required. For information, call 753-3957.

### Women's History Month

The Camp Humphreys Women's History Month Celebration will be held from 12:30-1:30 p.m. Tuesday in the Multi-Purpose Training Facility. This year's theme is "Women Change America." All community members are welcome. For information, call 753-6527.

### Softball Sign-up

The 2005 Camp Humphreys Men's Post-Level Softball Team is now conducting sign-ups for the upcoming softball season. Sign up in person at the Camp Humphreys post gym through April 15. For information, call the post gym at 753-8810.

### PTO Dinner and Movie

A Parent-Teacher Organization Dinner & Movie will be held at 6 p.m. April 1 at the Blackhorse Dining Facility. For information, call Candice Banks at 031-300-6711.

### PMO and Vehicle Registration Hours

New hours for the Area III Provost Marshall Office and Vehicle Registration are 7:30 a.m. - noon and 1 - 3 p.m. Monday thru Friday. All clearing for the Provost Marshall's Office and Vehicle Registration will be at Building 544, Rm. 201 behind the health clinic. For information, call 753-6609.

### Area III Tax Center

The Area III Tax Center is open for tax advice and tax return preparation. Soldiers should contact their unit tax advisor. Department of Defense civilians, family members and other valid ID cardholders are also eligible for tax preparation service. For information, call 753-3170.

### Taxi Fare Increase

The base fare for AAFES taxis in Area III will increase from \$1.50 to \$1.80 for the initial meter reading effective April 1. Fare increases are to offset rising fuel costs and fluctuations in the exchange rate. For information, call 753-8290.

### Area III Web Site

The Area III Web site is now online at <http://area3.korea.army.mil>. The site has helpful information and news for all community members. For information, call 753-8847.

# Officials promote understanding

## Historic document signed during Anjung-ri meeting

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS**—U.S. Army Area III Support Activity Commander, Col. Michael J. Taliento Jr., signed an historic agreement March 4, to combat prostitution and human trafficking in Area III.

Meeting with the colonel were Yi Kun-chae, Paengsung-eub village chief; Capt. Kim Tae-sung, Chief of Police Box Paengsung-eub; Yi Hoon-hee, President of the Korea Special Tourist Association, Pyongtaek Chapter; Kim Ki-ho, K-6 Merchants Association president; Han Joung-sub, Anjung-ri Entertainment Establishments Association president and numerous club owners and managers.

Taliento called the meeting to introduce a new concern and to extend an opportunity and invitation to work together to address a significant challenge facing both the United States and Korea – the fight against prostitution and human trafficking.

"I am here to make an overture to further the partnership and commitment between Camp Humphreys and the community," he



SUSAN BARKLEY

Col. Michael J. Taliento Jr. (left), Area III Support Activity commander, discusses the memorandum of understanding concerning prostitution and human trafficking with (left to right) Yi Hoon-hee, President of the Korea Special Tourist Association, Pyongtaek Chapter; Han Joung-sub, Anjung-ri Entertainment Establishments Association president; and Yi Kun-chae, Paengsung-eub village chief.

said. "This is a historic night for the military and citizens of Anjung-ri.

"I propose that the presidents of KSTA and AEEA sign memoranda of understanding laying out the framework that addresses how we will fight prostitution and human trafficking," he said. "This understanding is our bond, our commitment to each other to protect the human dignity of the women

involved and to protect Soldiers and families."

Following an explanation and discussion of the memorandum, Yi and Han signed copies of the documents. Their signatures pledge their organizations to taking appropriate steps to eliminate practices that contribute to an environment conducive to prostitution and human trafficking.

# Choose to save: Sweeten your retirement

By Samantha McKenna

Area III Public Affairs

**CAMP HUMPHREYS**—One of the most important steps we can take as we get older is to save money for our retirement. Saving and investing money today can allow you to live a financially worry-free life after you retire. Any amount saved, large or small, is a step in the right direction.

One of the biggest myths concerning saving is, "If I only made a little more money, then I know I could save."

If you look at your current expenses and the amount of money you spend, there is always something that can be subtracted and saved. Overspending has our country in debt, with the average American holding around \$8,000 dollars of credit card debt; and that's not including mortgages or other loans.

Avoid this myth. Take a hard look at your finances. Write down your fixed monthly bills -- your car payment or school loan payment. After you've totaled that, add your variable monthly bills, such as gas, groceries, or utilities. Many people are in for a shock once they see what their net (income-minus bills) income is.

If you're not sure what you usually spend in a month on your variable expenses, start keeping track. Begin keeping all of your receipts. Save them for a month and then look them over. Saving your receipts will allow you to see where all your money is going and

will give you an idea of how to cut back on your expenses.

Develop a budget. Plan your spending.

Another myth is, "If we don't talk about money, it'll just work itself out." It's important for you and your spouse to be aware of your financial situation. It's important for you both to work together to save money and budget.

A great saving technique is to "pay yourself first." This involves setting a fixed amount of money aside every month that is only for savings, before paying creditors or landlords.

Now that you have an idea of how to save some money, you need to know what to do with it.

Individual Retirement Accounts are one way to save for retirement. Traditional IRAs are tax advantaged up front. A traditional IRA can reduce your taxable income up to the full amount if you meet income limits. Traditional IRAs defer taxation on deposits until the money is withdrawn. Contributions to a Roth IRA do not reduce your taxable income, but withdrawals after age 59-and-a-half are generally not taxed. The catch is that it's for your retirement, so you can't take it out without a penalty until you're 59-and-a-half. Once you reach retirement age, you can use that money as you please.

Another benefit to a Roth IRA is that you can leave the money in your account and leave it to your heirs. Unlike other

retirement accounts, you are not forced to withdraw your money by any specific age. In 2005, the government allows you to put a maximum of \$4,000 per year into an IRA. If you're married and you both have earned income from your careers, you each can have separate IRAs, which allows you to save even more money. Start putting money into an IRA at an early age and you may have millions saved by the time you retire. Don't let age stand in your way, however, it's never too late to start.

Also, be sure to save money for an emergency fund. An emergency fund should have anywhere from three to six month's worth of living expenses in it. Emergencies always come up and it's great to have that extra money when you need it.

You should also save towards dreams that you or your spouse have for things you would like to own or places you would like to visit.

A great site you can review for information on saving is [www.choosetosave.org](http://www.choosetosave.org). For information about Roth IRAs, you can visit [www.rothira.com](http://www.rothira.com).

(Editor's Note: Military members are eligible to participate in the Thrift Savings Plan, a Federal government sponsored retirement savings and investment plan. For information contact Army Community Services. At Camp Humphreys call 753-8238 or 8401. Or visit <http://tsp.gov> on the web.)

# Bikers: be alert, be seen, be defensive, be safe

By Roger Edwards

Area III Public Affairs

**CAMP HUMPHREYS** – During the last half-century or so, bicycles have graduated from being a child’s toy to a true sports and transportation vehicle. Inexpensive to own, faster than running, great for physical conditioning and truly energy efficient the bicycle seems to have only one great drawback – safety.

A bike and rider combined weigh a couple of hundred pounds at most. Yet they share the roadways with vehicles grossing many tons and, most of the time, traveling far faster than the bicyclist. Drivers of these vehicles are encouraged to be alert and aware – but the bicyclist can not depend on drivers. The bicyclist must ride safely and defensively.

Bicycling in Korea is governed by United States Forces Korea Regulation 190-1. It says bicyclists riding on a roadway are granted rights and are subject to the duties applicable to the driver of any other vehicle.

The regulation also makes demands on bicyclists unique to that form of transportation. The first demand is that bicyclists will wear a protective helmet designed for bicycle safety. The helmet will be equipped with a neck or chin strap that will be securely fastened while in use. The regulation

also states that bicyclists will wear a reflective vest (not a belt) which is to be clearly visible at all times.

Reg. 190-1 also prohibits cyclists from using headphones or earphones while riding; restricts passengers the bicycle is not designed to carry; and prohibits riders from seeking a boost from a motorized vehicle.

Riders are directed by the regulation to ride as near to the right side of the roadway as is practical while exercising due care in passing standing vehicles or vehicles proceeding in the same direction.

According the 190-1, bikers are not to ride abreast except on paths or parts of a road as designated for the exclusive use of bicycles. It states that whenever a usable path for bikes has been provided adjacent to a roadway, bicyclists will use the path and not the roadway.

Riders are prohibited from carrying packages, bundles or any article when the article prevents the rider from keeping both hands free to control the bicycle and give signals.

The regulation places one more demand on riders. Bicycles used after dark or in limited visibility are required to be equipped with a front light emitting a white light visible for at least 500 feet to the front, and a rear light emitting a red light visible from

100 feet.

Military police are charged with enforcement of 190-1.

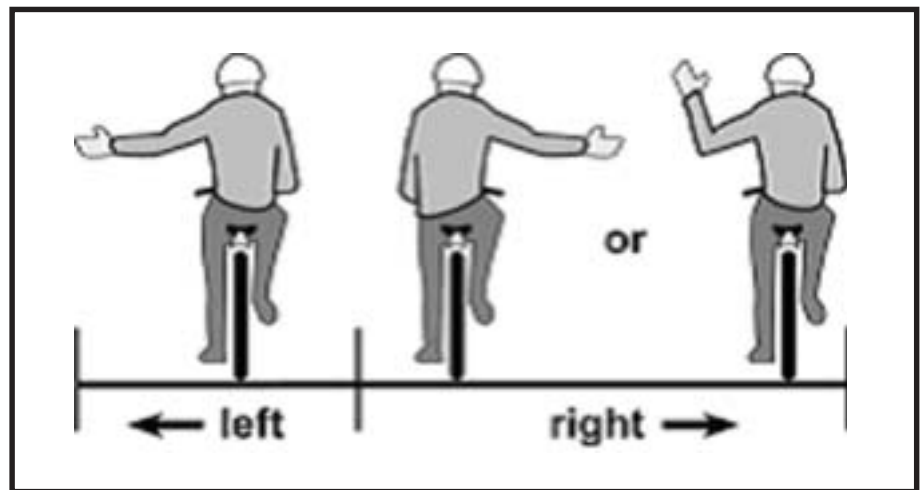
“We don’t really have much of an enforcement problem here,” said 1st Lt. Colleen Burgemaster, Camp Humphreys Provost Marshal operations officer. “We’ll issue a citation when we see a bicyclists violate 190-1 – but we don’t write a lot.”

According to Sgt. Eric Purnell, noncommissioned officer in charge of the Camp Humphreys Traffic Section,

“We do safety inspections every couple of weeks. We stop bikes and make sure the rider is using a bike helmet instead of his kevlar, that the front and back lights are there and working and that the rider is using his vest.

“But we rarely find anything. Bike riders around here have things in hand.”

For additional riding and safety tips, and links to information on all forms of bicycling on the web, go to <http://www.trans.ci.portland.or.us/bicycles>.



CITY OF PORTLAND OFFICE OF TRANSPORTATION

A rider should know and use hand signals to let the traffic behind know intended movement. The left arm extended at a 45-degree angle from the body with the palm open to the rear indicates a stop. The left arm extended at 90-degrees from the body indicates a left turn. The left arm extended at 90-degrees from the body with a 90-degree upward point from the elbow, or the right arm extended at 90-degrees from the body indicates a right turn. The use of these three signals prevent confusion over the rider's intentions and may prevent a tragic accident.

*Did you change the date on Pg. 24?*

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## PAS student attends U.S. Senate Youth Program

By Galen Putnam

Area IV Public Affairs

**CAMP HENRY** – A Pusan American School student was one of only two Department of Defense Education Activity students worldwide selected to attend the 43rd Annual United States Senate Youth Program Feb. 26 – March 5 in Washington D.C.

Senior Brianna Carroll, best known for her athletic prowess as captain of the Pusan Panthers cross-country, basketball and soccer teams, put the determination she exhibits on the field into her application packet.

“It was a lot to do,” said Carroll, who is also a Junior Reserve Officer Training Corps company commander. “There were interview questions I had to answer on tape, a test, an essay. I did a great deal of research and put a lot of time into it. It wasn’t just putting in your name.”

Carroll’s mother Corina said the family and community, are proud of Brianna’s accomplishment.

“This really tops off all the hard work she’s done in the last four years. Academics don’t come easily to her so you can see how much work she put into this,” she said. “The school is very proud. Mr. Toth (Department of Defense Dependant School System Korea District superintendent) said ‘Brie has put PAS on the map with her athletics and now her academics. She sets a good example for the other students.’ ”

Brianna, who’s father works for Nike has lived in Indonesia and Korea and who has visited several other countries, said the experience was a life-changing event.

“This experience has changed me forever. I have a new respect for my country, and I feel proud to be an American for the first time in my life. Living overseas I’ve always had this rebellion against being American, I’ve wanted to be Australian or English or something, but after seeing the core of our country, and listening to its leaders, I want nothing more than to be an American,” she said. “I want to do everything in my power to keep our country strong and better for the future. I want to join the military to serve my great country and after that perhaps get into government. I now know I can make a difference.”

### Participant describes D.C. experience

*Brianna Carroll, a senior at Pusan American School, kept a journal during her stay in Washington D.C. while participating in the United States Senate Youth Program. Carroll was one of only two Department of Defense Education Activity students selected to participate in this year’s program. 104 students from throughout the United States and DoDEA are chosen to attend each year.*



Carroll

#### Day 2 – Sunday

Today was relaxed. I made the mistake of wearing my most uncomfortable heels on the day that we walk the most. We started at the “world’s-best” breakfast in the ballroom of the Mayflower, and then we proceeded to the Holocaust museum. That was sad and emotional. A lot of hate displayed there. Our lunch was at the café in the Museum of American History, at the Smithsonian, where we looked around at the exhibits. My favourite part was of the first ladies. Jackie Kennedy is so pretty, and all her dresses are so neat. My jet lag started to kick in around 2:30 p.m., and after we took a group photo I went upstairs to take a nap. I woke up in time for dinner in the Chinese room, but immediately went back up to bed after that.

#### Day 1 – Arrival

The Mayflower hotel in Washington D.C. is the nicest hotel I’ve ever stayed in. Nice food, softest beds in the world, with four pillows – that as I lay writing this – lure me into a comfortable position where I’m drifting off to sleep. Sleep! I’ve never been so deprived of sleep! A week of hard basketball and a two-day plane trip, where I couldn’t find any sleep. Now at 10:21 p.m., all the greeting, eating and introductions are over. I’m in a group led by a cool, young, navy helicopter pilot. My roommate is pretty cool. There are so many different types of people from so many different places. I don’t want to open my mouth to talk, I just want to listen and absorb all the knowledge these kids have! Tomorrow is going to be a blast. This whole week looks loaded with great stuff.

#### Day 3 – Monday

At breakfast, the Honourable Robert H. Henry, Tenth Circuit Court judge, spoke to us. He told us about politics and what we should look out for during the week. He was a good speaker, and really set the tone for the day. After breakfast we went to the Driksen Senate Office Building where the Honourable Alan S. Frumin, chief parliamentarian of the Senate, spoke to us about the U.S. Senate and how he came to love the system. He really convinced me that the Senate was a great place in making our government the most organized in the world. At lunch in the Reserve Officers Association Building, the Honourable Emily J. Reynolds, secretary of the Senate, spoke to us.

See **Senate**, Page 28

The program, sponsored by the William Randolph Hearst Foundation, brings together 104 of the nation’s brightest student leaders for a week of intense activities in the nation’s capitol. The all expenses paid exploit included visits to the Senate, House of Representatives, Supreme Court, the Pentagon and various Smithsonian museums. Participants also meet and dine with senators, representatives, cabinet members and officials from the Department of State, Department of Defense and others.

In addition, each delegate receives a \$5,000 scholarship. Carroll, who has been accepted to several colleges but is

still waiting to hear from Pepperdine, USC and Stanford, said the scholarship money is a godsend.

“I am working on Army and Air Force scholarships. A couple of the schools I’ve been accepted at are offering financial aid or scholarships,” said Carroll, who is also hoping for a full-ride soccer scholarship. “Schools like Stanford cost a lot of money so every little bit helps.”

Each year two juniors or seniors from each state, the District of Columbia and DoDEA are selected for the program. For more information about the program visit [www.ussenateyouth.org](http://www.ussenateyouth.org).

### Grooving To The Tunes



GALEN PUTNAM

Korea National Policemen wave their hats in unison to the 8th U.S. Army variety band “Access Denied” during a performance at Daegu Health College March 18. More than 700 KNPs attended the event coordinated by the 19th Theater Support Command to recognize the service they provide to U.S. Forces Korea.

### AER campaign set to kick off

Area IV Public Affairs

The Area IV Army Emergency Relief Campaign 2005 will be held Monday – April 29. Training and kick off in the Daegu area will be 11:30 a.m. Monday at the Army Community Service on Camp Henry.

For information, call Anthony Treloar at 768-7089. For Camp Carroll the kick off will be 11:30 a.m. Tuesday at the Community Activity Center. For information, call Chief Warrant Officer Paul Sankey at 765-8128.

#### Tuition assistance available

Tuition Assistance for Soldiers registering for Term IV, April 4 – May 21 is now available. For information or to register, call the Camp Henry Education Center in the Daegu area at 768-7919, the Camp Carroll Education Center at 765-7702 or the Camp Hialeah Education Center at 763-7516 in the Busan area.



## NEWS & NOTES

### Easter Sunrise Service

The Camp Walker Chapel Easter sunrise service will take place 7 a.m. Sunday by the gazebo outside Evergreen Community Club on Camp Walker. For information, call Chaplain (Maj.) Michael Charles at 768-7556 or Camp Walker Chapel at 764-4498.

### Summer Hire Program

Applications for the 2005 Area IV summer hire program will be accepted Monday – April 14. Applications are available at the Area IV Civilian Personnel Advisory Center on Camp Henry. For information, call Karyn Smith at 768-7128.

### Volunteer Nominations

Area IV Outstanding Volunteer Of The Year nominations are due by April 1 to the Army volunteer coordinator at the Army Community Service on Camp Henry. For information, call Cindy Bisacre at 768-8126.

### Volleyball Tryouts

Camp Carroll post volleyball team tryouts will be 1 p.m. April 1 at the Camp Carroll Fitness Center. For information or to register, call the Camp Carroll Fitness Center at 765-8287.

### Holocaust Remembrance

The Area IV Equal Opportunity Office is hosting a Holocaust remembrance luncheon 11:30 a.m. April 4 at Evergreen Community Club on Camp Walker. The guest speaker is Thomas Blatt, a Holocaust survivor. For information, call Master Sgt. Matt DeLay at 768-8972.

### Occupational Health Fair

The Occupational Health Fair 2005 will be held 11 a.m. – 2 p.m. April 14 at the AAFES food court on Camp Carroll. There will be free refreshments and door prizes. For information, call Sun D. Kwon at 765-7958.

### Volunteer Luncheon

The Camp Carroll annual volunteer recognition luncheon will be 11:30 a.m. April 15 at Community Activity Center on Camp Carroll. For information, call Sandra Jackson at 765-8993.

### Soccer Social

The Daegu Area Soccer Club is hosting its “Spring Kick-Off” 1 p.m. April 16 at the Hilltop Club on Camp Walker. The Kansas City Wizards of Major League Soccer have provided videos for entertainment and a team-signed ball and posters, shirts and other items to be given away. All ID cardholders and guests are invited. Interested players will have the opportunity to learn about and sign-up for the club. For information, call Galen Putnam at 011-1716-0428.

### Bass Fishing Tournament

The Area IV community bass fishing tournament will be held April 16 in Nam-ji area, about an hour south of Daegu towards Masan. It is open to first 40 people to sign up at Camp Walker Community Activity Center. There is a \$20 registration fee and fishing equipment rental is available at a modest fee. For information, call Camp Walker Community Activity Center at 764-4123.

### Camp Henry Theater Movie Showings

The Camp Henry Theater will be open Thursday nights and for Sunday matinees beginning Thursday for a test period through May 29. For information, call Yi Hye-kyong at 768-8670.

# Soldiers help ‘spruce-up’ Daegu park

## Servicemembers join Korean residents for Arbor Day holiday

By Cpl. Oh Dong-keun

Area IV Public Affairs

**CAMP HENRY** – Soldiers from the Daegu area joined local citizens from several civic groups and organizations in the city to plant trees for the annual Arbor Day ceremony at Guam Park in the city’s Buk-gu district Saturday morning.

This year’s event is a part of the city’s 10-year afforestation effort that began in 1996 with a goal of planting 10 million trees across the city. The city has already planted more than 8.4 million trees.

More than 40 U.S. and Korean Augmentation to the U.S. Army Soldiers from camps Henry, Walker and Carroll, led by Col. Donald J. Hendrix, commander, Area IV Support Activity, and Command Sgt. Maj. Patricia A. Keit, Area IV Support Activity command sergeant major, participated in the event along with about 500 Daegu residents from more than 10 civic groups.

Arbor Day is officially observed as a national holiday throughout the Republic of Korea April 5, but the City of Daegu traditionally gets an early start on the annual ritual. This year marks the 60th anniversary of the holiday.

Daegu City Mayor Jo Hae-nyung, recognized Hendrix and the Soldiers at a brief opening ceremony, and expressed his appreciation for their participation.

“I would like to thank everyone and all organizations represented here today,” Jo said. “Especially, I would like to recognize and thank Colonel Hendrix and the Soldiers from U.S. Army Area IV units for their continuous support and participation in our Arbor Day event.”

Other city officials shared the same sentiment towards the Soldiers.

“We are very thankful to U.S. Soldiers in Daegu area for voluntarily participating in the event every year,” said Kwon Dae-yong, chief, Daegu City Environment and Greenery Division.

More than 300 trees in five different kinds, including *Chionanthus retusus*, otherwise known as Chinese fringetree; *Prunus*, otherwise known as Cherry trees; and *Aesculus turbinata*, otherwise known as Japanese horse chestnut, were planted in the newly created park in the northern part of the city.

After a brief explanation on how to handle and plant the trees, shovels and gloves were distributed. Soldiers and civilians alike then spread out over the



CPL. OH DONG-KEUN

First Sgt. Kenneth Hardin, Headquarters and Headquarters Company, Area IV Support Activity, works alongside a member of Buk-gu district Women’s Association Saturday during the Daegu Arbor Day event at Guam Park in the city’s Buk-gu district.

park to begin their task of creating a greener city.

Many groups of Soldiers and civilians worked together to plant trees during the event that lasted an hour-and-a-half.

“I liked working with (the Soldiers). They are great workers,” said Choi Kyung-ae, Buk-gu district Women’s Association. “Even though I couldn’t

really communicate with them, they understood what to do and did it right. They did the job well. It’s a good thing that they come out to (plant trees) every year. I believe

by working together, we can strengthen our relationship.”

“I think, through today’s event, the Soldiers realized that they are a part of Daegu community by working with the local residents from various organizations,” Keit said. “I also believe that they learned how to be good stewards of the environment by planting trees and understanding the impact of planting trees to the

environment. So it was a win-win situation all way around.”

Soldiers understood the significance of their participation and seemed to feel good about what they have done.

“(Soldiers’ participation) is important because it shows Korean people that we care about their environment,” said Sgt. Huy Nguyen, Headquarters and Headquarters Detachment, 36th Signal Battalion. “It also helps to better the relationship between Korea and the United States. I feel great about myself because I know I’ve done something important today.”

“It felt good to help out the community,” said Sgt. 1st Class Dennis Gayles, Headquarters and Headquarters Company, Area IV Support Activity – Camp Carroll. “It was also a good opportunity to learn more about the Korean culture. Because the more you work with someone, the better you understand them.”

According to Kevin Jackson, Area IV Public Affairs officer, this was the 33rd consecutive year that Soldiers from Area IV have participated in the city’s Arbor Day event.

**“I liked working with (the Soldiers). They are great workers.”**

– Choi Kyung-ae



# U.S., ROK Navy sailors Help Chinhae Orphanage

By Navy Journalist 1st Class Scott Morton  
Navy Marine Corps Reserve Center Grand Rapids Michigan

**CHINHAE** — Sailors from USS Gary (FFG 51) teamed up with sailors from Chinhae Naval Station in the Republic of Korea to help beautify a local orphanage March 15.

The 16 U.S. and 10 Republic of Korea volunteers moved debris, dug a drainage ditch and placed sod to transform a barren section of the grounds at the Heemong Children’s Home.

Getting out to help the children at the facility, the name of which means hope, was a rewarding experience for Lt. Ron Valencia, the ship’s supply officer.

“I feel good. I like helping out the



NAVY JOURNALIST 1ST CLASS SCOTT MORTON

*Seaman Jonathan Hutchinson helps a Korean worker move wood during landscape project at the the Heemong “Hope of God” Children’s Home in Chinhae, March 15.*

kids and giving back to the community,” Valencia said.

According to Petty Officer 1st Class

Carlos Ramirez, helping out also meant being ambassadors for the Navy.

“I love giving people a different look at the military. You know, the peacetime side of the Navy,” Ramirez said.

Heemong’s Director “David” Lee Kyung Min said he appreciates the help from the Chaplain’s Office at Commander Fleet Activities Chinhae, with which the orphanage has a long-standing relationship.

“He doesn’t have to tell us he has a need. We already take care of him. He knows that we have an open door,” said CFAC Chaplain Lt. Cmdr. Barry Metzger.

When completed, the outdoor garden will be used as a place where people can

come and visit the orphans on Korean holidays.

“We want to make this a beautiful place for the children from broken homes. They all hurt and have problems,” Lee said. “This will help them feel comfortable and loved.”

Lee is the grandson of the founder of the 60 year-old Heemong Children’s Home. On the wall of his office hang plaques from U.S. ships and submarines dating back to the Korean War.

USS Gary is in Chinae in conjunction with Reception, Staging, Onward Movement and Integration -- an annual logistics exercise being conducted throughout the peninsula.

## U.S. Navy’s oldest active ship drops anchor in Busan

By Navy Journalist 1st Class Scott Morton  
Navy Marine Corps Reserve Center Grand Rapids Michigan

**BUSAN**— USS Kitty Hawk (CV 63) and Carrier Air Wing (CVW) 5 arrived at the Port of Busan March 14 amid clear skies, music and media coverage on the anniversary of Kitty Hawk’s last visit a year ago.

Members of the Republic of Korea’s Navy Band filled the morning air with music as ROK sailors waved their hats at the massive aircraft carrier and its crew. “Oh!, it’s great,” said ROK Lt. j.g. Kim, Do-hyung.

Accompanying the aircraft carrier in Busan is the guided-missile cruiser USS Cowpens (CG 63). Six ships from Destroyer Squadron 15 are also scheduled to visit the ports of Chinhae and Pyongtaek.

“We’re making port calls to three different cities because

the Republic of Korea is a wonderful place with many excellent ports to visit,” said the commander of Kitty Hawk’s Strike Group Rear Adm. James D. Kelly. “The Koreans are wonderful people and gracious hosts, and some of the best people you are going to find on the face of the earth.”

The 86,000-ton aircraft carrier and its Strike Group are participating in Reception, Staging and Onward Integration, an annual logistics exercise coordinated by Commander, U.S. Naval Forces Korea. RSO&I started March 17 and continues with Kitty Hawk’s Strike Group and the ROK Navy training with one another during the underway part of RSO&I.

After about a month at sea, Kitty Hawk and CVW 5’s more than 5,200 Sailors were happy to make the port visit to the ROK’s second largest city. “I love it,” said Petty

Officer 3rd Class Christopher Koontz. “I love all these different ports that we get to visit. You get to experience a lot of different cultures.”

The Strike Group brings more than 8,000 sailors to the ROK including three Korean sailors aboard Kitty Hawk. One of them is Fireman Jung An, whose fiancé lives in Suwon near Seoul. He joined the U.S. Navy in September 2001, however he hasn’t seen her in quite some time. “It feels good (to be back). It’s been awhile since I’ve been here. I’m looking forward to spending time with my fiancé.”

Kitty Hawk is America’s oldest active ship, being commissioned April 29, 1961, and the first of the modern “super carriers.” Nicknamed the “Battle Cat,” Kitty Hawk is home ported out of Yokosuka, Japan.

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Senate

from Page 25

She was also very persuasive in telling us how great the Senate is and how we should get involved as much as possible. After that we went to the Supreme Court where Justice Anthony Kennedy talked to us about what a great country we live in and how brilliant our forefathers were. When I got back to the hotel, I was taking a nap before dinner, but I ended up falling asleep and woke up at 9 p.m. I missed dinner! Jet lag is horrible. Tomorrow I'll make sure to NOT take a nap and just suffer!

Day 4 – Tuesday

The first day of March! My favourite month of the year. Our first speaker, at breakfast, is the Honourable Lee H. Hamilton, a former member of the U.S. House of Representatives. After breakfast we went to the Department of State, where our first speaker was the Honourable Kim R. Holmes, assistant secretary of state for international organization affairs. Basically he talked to us about how a career working for the State Department would be a good choice because they're always in need of expertise in international affairs. We got a tour of the diplomatic reception rooms, where many pieces of our nation's history are kept - paintings, furniture, and china. We went to the Benjamin Franklin State Dining Room for lunch where there was THE best dessert. Our speaker was the Honourable Nancy J. Powell, acting assistant secretary of state for legislative affairs. We then went back to the hotel where we split into groups according to a packet the Youth Senate program mailed us, either a topic on Stem-Cell research or a Supreme Court case. I had the Supreme Court case so I went with David J. Danelski, LL.B., Ph.D., and a professor at Stanford University. Our policy discussion was about a case that was held over a man not wanting his daughter to say the Pledge of Allegiance in school. We learned about how the Supreme Court side-steps cases. Dinner was held in the East Room of the Mayflower and our speaker was the Honorable Daniel K. Akaka of Hawaii.

Day 5 – Wednesday

Breakfast was held in the State Room of the Mayflower today, and our speaker was the Surgeon General of the United States Vice Admiral Richard H. Carmona, M.D., F.A.C.S. He was really cool. He told us his life story about how he came from nothing and made something of himself through hard work. We went to lunch at the Caucus Room in the Russel Senate Office Building. The Honourable William H. Pickle,

sergeant at arms, United States Senate. He talked to us about all the security measures that the Senate has to take and what a huge job the sergeant at arms is. We were supposed to have a tour of the Capitol Building, but it was cancelled for that day since there was so much action going on in the Senate. Instead we visited the war memorials. We then went back to the caucus room where we were going to meet our senators. I was going to meet Oregon's senators, but they didn't show. However, it was neat seeing Hilary Clinton and all the other senators walk in to meet their delegates. Dinner was informal back at the hotel.

Day 6 – Thursday

Our speaker this morning was Helen Thomas, as columnist for Hearst Newspapers. She had very liberal views on our government, and it riled some people up. I was very excited to hear different views. We then went to the Capitol Building for a tour. We sat in on a Senate session in the Gallery of the U.S. Senate, and it got me thinking. I've never thought much about our Senate nor cared much, but if I had been asked to go back in time to sit on a session of the old Roman Senate I would've instantly have said, "YES!" simply because I would be curious to see the greatest Empire in action. In observing the U.S. Senate, and learning more about the history, traditions and policies of our U.S. Senate, I've come to realize the greatness of my own country and Senate. I'm very honoured to have witnessed the greatest nation and government thus far in the history of the world, yet still in the making despite its already rich history. After the Capitol, we were off to the White House. This is a place I was obsessed with when I was younger. I had a book about the White House. I'm extremely excited. After seeing the White House, I've come to completely appreciate and have become proud of my great country. The White House alone is worth dying to defend, imagine the WHOLE of the United States! It is hard to even comprehend my emotions right at this moment. And when the President of the free world came out, Mr. George W. Bush, I was so filled with pride and honour, or everything that I could ever think of, I teared up. He said, "Love your neighbour as yourself and serve others and especially your country because a life of self-sacrifice is the most fulfilling life you can have." My tears started to fall as he spoke! It was cold and windy, but I would've stayed out there to hear him speak for as long as possible. However, he was cold and he had to get back to work, so he left. Condoleezza Rice came out also, and

I was overwhelmed. I have come to realize on this trip that we have the greatest government, where one man, our leader, our president, is but one piece of an intricate, detailed, traditional, flexible, yet extremely forceful government body. The Judicial, Legislative, and Executive Branches have been shown each in their glory to me over this past week. It is truly amazing, and I am extremely proud to be a U.S. citizen as of seeing it first hand. At dinner our speaker was the Honourable Bernd Fischer, Ph.D, minister of economics for the embassy of Germany. He talked about his experiences of American and German relations, and he feels that we need to reach out, as the future, to the people of Europe. We need to build strong relationships between ourselves and the Europeans.

Day 7 – Friday

We had breakfast without a speaker today. However, I felt like not eating at all since I felt that I was going to throw it all up soon after. We were going to the Pentagon and I was to speak in front of everyone to introduce our speaker, Lt. General Schwartz. I was so nervous, but as soon as we got there, things settled down. I toured the Pentagon, it was pretty cool, particularly the athletic facility. Introducing General Schwartz and seeing his three stars glitter in the lights was awesome. I was interviewed by the Pentagon Channel. General Schwartz was very inspiring to listen to. His main message was that in this country anyone can become a great leader no matter their origin. After the Pentagon we went to the Iwo Jima Memorial, and I decided that I wanted to get a book on all the wars that the Marines have fought in. We went back to the hotel for a final dinner. There is a partially deaf kid here, and he is very interesting. We had to vote among the delegates for a final speaker, and we chose him. He really gave a great speech about how we need to listen first. The Hearst Foundation gave each delegate a flag that had flown over the Capitol Building, and then we went up to pack and get ready to leave.

Day 8 – Departure

I left for my long plane ride on which I was able to reflect on my week. I have come up with a couple of life-changing points: we have the responsibly of millions yet unborn, diversity is a strength, our revolution from the British was the only one in history that actually came through for the people, and knowledge will forever govern ignorance.

Ad goes here



## 춘곤증에 좋은 식품

일병 서기철

우중충한 겨울 날씨를 벗고 온 산하가 생동하는 봄이 왔다. 따뜻한 햇살을 가득 받으며 활기차게 움직이고 싶은 마음은 굴뚝같지만 봄과 함께 찾아오는 달갑지 않은 손님 ‘춘곤증’ 때문에 하루종일 무기력해지곤 한다.

하지만 춘곤증은 봄에 발생하는 일시적인 증상으로 1~3주만 지나면 없어지므로 심각한 질환은 아니다. 다만 피로가 계속되거나 숨이 차는 등 다른 증상을 보이면 정밀진단을 받아보는 것이 바람직하다. 겨우내 잠복해있던 질병의 이상 신호일 가능성도 간과할 수 없기 때문이다.

### \*\*춘곤증의 증상

춘곤증은 겨울에서 봄으로 계절이 변화하는 시기인 2월중순~4월초에 흔히 나타나는 증상(피곤, 나른함)이다. 봄이 되면 밤의 길이가 낮보다 상대적으로 짧아져 쉽게 피로해지고 겨우내 긴장돼 있던 근육은 기온이 올라가면서 이완되어 춘곤증을 일으키기 쉬운 조건을 만든다. 특히 우리나라와 같이 사계절의 변화가 뚜렷한 나라에서는 이런 증상을 호소하는 사람이 많다.

봄에 활동량은 늘었는데 영양이 충분히 공급되지 못해 나타날 수도 있고, 불규칙한 식사나 운동부족 등 잘 못된 생활습관 탓이기도 하다. 불안, 우울, 스트레스 등과 같은 정신적인 이유도 있다. 봄에는 학년도 바뀌고, 직장에서는 인사가 있는 계절로 환경 변화가 많다. 따라서 정신적인 에너지를 많이 소모시키게 되어 피곤을 부르기도 한다.

일반적으로 춘곤증의 가장 흔한 증상은 식사 후 참을 수 없는 졸음이 쏟아지는 식곤증을 들 수 있다. 식사를 하면 위 속의 음식물을 소화시키기 위해 위로 피가 몰리게 되어 뇌로 가는 피의 양이 적어지는데다 점심시간 전후에 체온을 비롯한 생체시계가 한밤중과 비슷한 상태로 맞춰지기 때문에 졸음이 쏟아지게 된다.

또 식욕이 떨어지고 나른하며 권태감으로 일의 능률이 오르지 않는다. 어깨가 빠근하고 감기에 걸린 것처럼 몸이 찌뿌둥하기도 하며, 심하면 불면증과 가슴이 두근거리는 증세를 보이기도 한다.

그렇다고 약을 먹거나 아프다고 호소할 만큼 증상이 명확하진 않다. 따라서 춘곤증을 이기는 가장 좋은 방법은 생활습관을 바꾸는 것이다. 잘 먹고 잘 자는 것이 최고다.

### \*\*춘곤증에 좋은 봄나물

아삭아삭 씹히는 봄나물은 춘곤증을 이기는 명약이다. 한방에서는 낮이 길어지고 날씨가 따뜻해지는 환경 변화에 인체가 잘 적응하지 못해 춘곤증이 생긴다고 보는데, 봄나물에는 비타민C가 풍부해 몸 속에 쌓인 스트레스 호르몬을 없애 준다.

봄나물은 가능하면 날것으로 먹거나 살짝 데쳐 먹어야 한다. 비타민C는 물에 녹는 수용성이며, 열에 몹시 약하다. 채소를 삶아하는 사람이라면 사찰음식의 지혜를 빌려 맛을 내볼만하다. 고추장에 유자청과 식초를 넣어 초고추장 대신 쓰면 새콤달콤한 맛이 더하다. 또 무

즙·배즙·마늘즙을 한데 섞은 ‘맛즙’을 만들어뒀다 나물을 무칠 때 쓰면 상큼하고 부드러운 맛이 난다. 사과·배·밤을 채 썰어서 봄나물과 함께 무치는 것도 비결. 이때 사과와 배를 얼음물과 식초와 설탕을 1대1대1로 섞은 다음 소금으로 살짝 간을 한 ‘단초물’에 담가두면 색이 변하지 않고 싱싱하다.

◆ 냉이 사과채 무침 =냉이는 단백질·칼슘·철분이 많다. 쓴맛과 매운맛과 단맛이 골고루 섞여 있어 한 방에서는 “비장을 튼튼하게 하고 각종 출혈을 멈추며, 소변을 잘 볼 수 있게 해준다”고 한다. 혈압을 낮추고 설사를 멎게 하는 기능도 있다.

깍질 벗긴 사과를 잘게 채 썰어 단초물에 담가 둔다. 유자청을 넣어 만든 초고추장과 맛즙으로 냉이를 무친 다음, 단초물에 담가둔 사과 채와 함께 무친다. 냉이의 쌉싸름한 맛이 살아나면서 새콤달콤한 맛이 돌아 좋다. 통깨와 홍고추를 뿌려서 낸다.

◆ 취나물 무침 =취나물에는 칼륨·칼슘·인·철분이 풍부하다. 특히 임신부의 입맛과 생체 리듬을 조절해 주는 효과가 있다. 취나물을 살짝 데쳐 맛즙으로 무치고, 참기름 한 방울을 두른 다음 통깨와 실고추를 뿌린다. 취나물 대신 참나물을 써도 좋다.

◆ 더덕 생채 =더덕은 ‘산채의 영의정’이라고도 불린다. 칼슘과 철분·비타민B1이 풍부하며, 사포닌이 있어 자궁과 태아의 생리활성을 돕는다고 한다. 더덕을 찢거나 두들겨서 잘게 채 썬 다음, 유자청을 넣어 만든 초고추장과 맛즙으로 무치고 통깨를 뿌린다.

◆ 두릅 초회 =더덕이 영의정이라면 두릅은 ‘산채의 왕’으로 친다. 단백질과 비타민C가 많고 영양가도 높기 때문이다. 입맛을 돋게 하고, 혈액순환을 촉진시킬 뿐 아니라 혈당을 낮추는 약효가 있어 당뇨병 환자에게 좋다. 그냥 먹기엔 단단한 나물이므로 살짝 데친 다음 유자청 고추장을 뿌려 먹는다.

◆ 곰취쌈밥 =곰취 이파리에 흑미밥을 얹고, 잘게 채 썬 우엉조림과 홍고추를 얹어 먹는다. 핵심은 쌈장인데, 된장에 강판에 으갠 감자를 넣고 기름 없이 볶다가 으갠 두부를 집어 넣고 마저 볶아 만든다. 다 볶은 뒤 참기름과 통깨를 뿌린다. 된장의 짠 맛이 덜해질 뿐 아니라 영양가가 높아지고 고소해진다.

◆ 각종 나물 무침 =간(肝)에 좋은 순무를 소금물에 데친 다음 꿀에 잦 흑임자를 얹으면 맛있는 순무 숙(熟) 무침이 된다. 돌나물 무침은 새콤달콤한 맛을 살리는 것이 관건이다. 생밤을 가늘게 채 썰어 돌나물과 함께 맛즙에 무친 다음, 잘게 썬 홍고추를 뿌려 낸다. 원추리 무침은 살짝 데쳐 맛즙에 무친 다음 통깨와 홍고추를 뿌린다. 고수 무침은 고수 특유의 쇠비린내 때문에 꺼리는 사람이 많다. 이때 배를 채 썰어 단초물에 담갔다가 고수와 함께 맛즙에 무치면 냄새가 한결 덜하다.

This article is about “Spring Fever”.

## Learn Korean Easily



Language Instructor  
Minsook Kwon



Single Consonants											
ㄱ	ㄴ	ㄷ	ㄹ	ㅁ	ㅂ	ㅅ	ㅇ	ㅈ	ㅊ	ㅋ	ㅌ
g	n	d	r, l	m	b	sh, s	ng	j	ch	k	t
Double Consonants											
ㄲ		ㄸ			ㅃ			ㅆ			ㅊ
gg		dd			bb			ss			jj
Single Vowels											
ㅏ	ㅑ	ㅓ	ㅕ	ㅗ	ㅛ	ㅜ	ㅠ	ㅡ	ㅣ		
ah	yah	oe	yoh	oh	yo	oo	you	ue	ee		
Double Vowels											
ㅘ	ㅙ	ㅚ	ㅜ	ㅝ	ㅞ	ㅟ	ㅠ	ㅡ	ㅣ		
eh	yeh		yeh	weh	wah	wuh	wee		ui		

### Word of the week

밥

ㅃ ; b, ㅏ ; ah, ㅓ ; p(b)  
*‘bahp’*

cooked rice

### The phrase of the week

“Bibimbahp is delicious.”

# 비빔밥 맛있어요.

## Bee-beem-bahp mah-shee-soe-yo.

Bibimbap

is delicious

### Conversation of the week

비빔밥에 뭐 들어가요? What goes inside Bibimbap?  
**Bee-beem-bahp-ae mwoe due-roe-gah-yo?**

밥, 나물, 소고기, 계란, 고추장이요. There are rice, vegetables, beef, egg and Korean hot sauce.  
**Bahp, nah-mool, so-go-gee, gyeh-rahn, go-choo-jahng ee-oh.**

고추장 맛이 어때요? What does Korean hot sauce taste like?  
**Go-choo-jahng mah-shee oe-ddeh-yo?**

매워요. It is spicy.  
**Meh-woe-yo.**

(고추장) 넣지 마세요. Please do not put in(Korean hot sauce).  
**(Go-choo-jahng) noe-chee mah-seh-yo.**

네. All right.  
**Neh.**

(소고기) (so-go-gee) (beef)  
(계란) (gyeh-rahn) (egg)

Share this column with a Korean co-worker.